

Back on track

Posted by iwillnevergiveup - 14 Jun 2020 19:43

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It's been a long time since I posted and I'm starting a new thread today to get back on track.

I had a streak of about 6 months and then fell about 2 months ago. Since then I've been struggling and haven't gone 3 days clean.

I know it all started when my taphsic "expired" and I made a new one today. If I was able to do in the past it means I have the power to do it again.

I will start each day with the daily boost as well as watch another video at night. Each day I will update my chart, post my progress and share ideas and struggles as well as try to inspire others. These tools worked for me in the past and will do so again.

I know this will be very hard at the beginning and will get easier overtime. I will put in the effort and make it happen.

iwillnevergiveup

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Re: Back on track

Posted by DavidT - 14 Jun 2020 19:52

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Welcome back!

If you really trust Hashem to fix you - and get out of His way and let Him run your life even just a little - then it will work. And anyone can do it. Anyone can open that door - the key is willingness. But willingness means nothing without hard work. Many addicts do it every day, they get sober and recover one day at a time. So can you!!

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Re: Back on track

Posted by wilnevergiveup - 14 Jun 2020 20:26

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I've got your back like you've got mine:smiley:.

Nice to have you back!

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Re: Back on track

Posted by battle-of-the-gen - 15 Jun 2020 03:24

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Hey welcome back! good to hear from you

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Re: Back on track

Posted by Snowflake - 15 Jun 2020 16:27

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Welcome back!

It takes courage to come back, but there should be no shame at all! We are all, in the end, in day 1.

Getting back on track is much harder on the first week, but it gets better.

Come here every day and you should get a lot of chizuk.

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Re: Back on track

Posted by iwillnevergiveup - 16 Jun 2020 04:01

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Day 2 Today was actually a bit easier than I thought. Looking forward to another.

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Re: Back on track

Posted by iwillnevergiveup - 18 Jun 2020 00:36

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Day 3 Keeping my end of the deal and no major challenges yet.

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Re: Back on track

Posted by Meyer M. - 18 Jun 2020 04:28

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Keep it up!

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Re: Back on track

Posted by iwillnevergiveup - 18 Jun 2020 19:52

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Day 4 Putting in the effort to look away when in the street really keeps me focused on the goal here, as well as gives my mind less to think about.

Thanks to all who read and post here knowing that really helps.

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Re: Back on track

Posted by iwillnevergiveup - 21 Jun 2020 06:03

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Day 7 Had a close call over shabbos, but I'm still here and looking forward to great week.

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Re: Back on track

Posted by battle-of-the-gen - 21 Jun 2020 06:10

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Reach to ppl when ur struggling. Dont have to handle it yourself.

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Re: Back on track

Posted by wilnevergiveup - 21 Jun 2020 12:46

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Nice to hear!

Do you also want to post a little about your struggles? It can be very relieving to post if you ever get stressed etc....

Either way keep us inspired!

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Re: Back on track

Posted by DavidT - 21 Jun 2020 15:44

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[iwillnevergiveup wrote on 21 Jun 2020 06:03:](#)

Day 7 Had a close call over shabbos, but I'm still here and looking forward to great week.

Keep up the amazing great work!

Just wanted to share a thought about an area that can positively impact this struggle is developing one's overall self-control, without specifically targeting this issue. The reason for this is because when a person acts out, his fundamental problem is that he is lacking in his ability to withstand an urge; therefore, when he is faced with a difficult nisayon, he falls apart.

Even if the nisayon of kedushah is too hard to withstand at this point, nonetheless, by working on his general self-control, he will be developing his ability to say "No", and eventually, kedushah-related nisyonos will also become easier to resist.

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Re: Back on track

Posted by iwillnevergiveup - 22 Jun 2020 01:24

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Any thought on how to work on

self- control in general?

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Re: Back on track

Posted by Snowflake - 22 Jun 2020 13:39

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I think I have the same issue, it's hard to battle a strong urge. But perhaps you shouldn't do it alone, reaching out is the best medicine.

If you can't reach out for whatever reason, at least for me, it helps me to think that nothing will happen if I don't act out. Like Dov says, there has been zero reported deaths due to not acting out. Not gonna die B"H. And try to convince myself that not now, but tomorrow I'll do it, or even in 1-2 hours (of course I won't but, the thing is to stall, gain time). Try to relax too, we tend to get tense during an urge. And occupy myself with another activity. Chances are, in 15 mins the urge will be gone.

BTW keep up the great work!!!!

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