

What worked for me

Posted by Issac - 09 Dec 2020 02:50

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Hi I'm Issac and it's been a while since I've posted.

I want to share the good news that I just hit 90 days clean.

More importantly I want to share how I did it. I have been in touch with an esteemed GYE chaver (Hashem Help Me) and he helped me figure out where my biggest nisayon was. We then set up a few safeguards. One was that I every time I got an a computer, I texted him "Going on" and then when I got off I texted him "Done" and (hopefully) kosher. This really helped even though it was sometimes tedious for me (I work) and probably for him. I didn't stick to this 100% in the beg and I wasn't 100% kosher then. When I realized that yes it's annoying and maybe feels weird but this is what can help me get clean, I stuck with it and it helped tremendously. Then, I got some more guts and was able to call him when I felt like I was about to act out and that really took me all the way.

My message is that I tried doing it alone with just some tips and chizuk here and there and I got "here and there" clean. When I really went all the way and committed to keeping in touch a few times a day that really helped me. Thank you Hashem Help Me I couldn't have done it without you!

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Re: What worked for me

Posted by YeshivaGuy - 09 Dec 2020 05:05

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Amazing. Tremendous chizuk.

Thank You!

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Re: What worked for me

Posted by Grant400 - 09 Dec 2020 05:15

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Beautiful! Thanks for sharing! Check out the lichaim shteeble where we made a special toast in honor of your 90.

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Re: What worked for me

Posted by Zedj - 09 Dec 2020 06:37

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Thank you for coming back on and sharing the great news!

Mazel tov!

Pleased come and check back more often.

Lechayim!

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