

Giving it another shot

Posted by anothershot - 01 Jan 2021 06:18

Hi! I have been coming to gye for about a year and a half but this is my 1st post on the forums.

Last year I had a clean streak of 183 days but then I fell and since then I have been up and down with smaller clean streaks and less acting out in between.

Recently though I have been falling too often so I decided even though it's difficult for me I will start a thread to hold myself more accountable.

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Re: Giving it another shot

Posted by anothershot - 12 Jan 2021 13:11

Good morning all!

B"H I made it thru and I'm feeling much better this morning!

Thank you willdoit & Grant!

Hatzlacha to all!

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Re: Giving it another shot

Posted by Hashem Help Me - 12 Jan 2021 13:45

Now, next time an "overwhelming" urge hits, just say to that urge "Get lost. You are fake. Last time you tried to fool me that you actually have a koach over me, but you see b'ezras Hashem, I just blew you away...."

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Re: Giving it another shot

Posted by anothershot - 13 Jan 2021 01:42

I'm starting to feel McLuster creeping up again... I'm going to try HHM's advise and also get busy now to distract myself.

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Re: Giving it another shot
Posted by anothershot - 14 Jan 2021 01:35

Thank You Hashem!!! I have made it to 15 days clean & 7 days w/o YouTube & Facebook!

I will Bl"n not use YouTube or Facebook for the next 7 days unless necessary for business purposes

Hatzlacha to all!

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Re: Giving it another shot
Posted by willdoit - 14 Jan 2021 16:42

[anothershot wrote on 14 Jan 2021 01:35:](#)

Thank You Hashem!!! I have made it to 15 days clean & 7 days w/o YouTube & Facebook!

I will Bl"n not use YouTube or Facebook for the next 7 days unless necessary for business purposes

Hatzlacha to all!

WOW!!!, Keep it up!!!

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Re: Giving it another shot
Posted by Striving Yid - 14 Jan 2021 22:06

Not sure if this works for you. Do exercise until you're collapsing.

Hatzlacha!

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Re: Giving it another shot
Posted by anothershot - 15 Jan 2021 20:52

[Striving Yid wrote on 14 Jan 2021 22:06:](#)

Not sure if this works for you. Do exercise until you're collapsing.

Hatzlacha!

It's a great idea the only problem is that when I feel like I need to act out I have no interest in

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Re: Giving it another shot
Posted by Zedj - 16 Jan 2021 23:49

[Striving Yid wrote on 14 Jan 2021 22:06:](#)

Not sure if this works for you. Do exercise until you're collapsing.

Hatzlacha!

It's a great idea the only problem is that when I feel like I need to act out I have no interest in

exercise

But we we can't react to our impulses.....we gotta be proactive

This we know

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Re: Giving it another shot

Posted by Hashem Help Me - 17 Jan 2021 04:05

Exercising on a regular basis helps curb the urges in general. The brain secretes dopamine when one's heart rate is raised. That means having a brain that is better regulated vis a vis stress. Plus, if one gets used to generally exercising, in a tough moment it is easier to just start the exercise protocol.

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Re: Giving it another shot
Posted by anothershot - 19 Jan 2021 02:50

B"H I have made it to 20 days!

I definitely do not miss the shame and regret that comes with acting out. Also overall I'm much more calm and relaxed. It's a different world.

Hashem please help me stay clean!

Hatzlacha to all

Anothershot

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Re: Giving it another shot
Posted by anothershot - 25 Jan 2021 04:02

B"H I'm up to 26 days and I thank '?' for every single day that I'm clean!

One thing that I have done differently this time around is decide I'm not going to use YouTube for recreational purposes. It's now been 19 days and I can truly say that my life is so much better and the fight is easier.

If anyone is on the fence regarding YouTube and feels they need it to relax or as a outlet I would recommend trying to stay away from it for 24 hours and see how it goes.

Believe me you will not die from it!

Hatzlacha to all!

Anothershot

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Re: Giving it another shot
Posted by YeshivaGuy - 25 Jan 2021 05:37

Very impressive man. Keep shteiging

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Re: Giving it another shot
Posted by anothershot - 03 Feb 2021 01:43

I haven't been careful enough "in the street" & the past couple of days I've been wasting so much time.

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Re: Giving it another shot
Posted by Lou - 03 Feb 2021 22:51

We are eagerly awaiting your daily Zos Brisi....

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I'm at 35 days but I feel like I am slipping a little... Or more than a little