

Lets get this party started

Posted by ?????? - 09 Feb 2021 22:33

---

I just joined on GYE a few days ago and I'm so excited to be starting the 90 day journey! I'm clean since last Thursday when I signed up for gye b"h. I don't know how long I'll be able to last, but with the help of everyone here and I also installed the KBA webchaver filter on my phone so already I feel like I have the advantage over my yetzer hara. I know it's definitely possible bc in the last year my longest streak was ~105 days, but I was in a place rooming with 8 other people and no internet so even if I wanted to be nichshal, it was very hard. Anyways wish me luck my friends and of course a tremendous "Hatzlocha rabbah" to all of you as well!

=====

Re: Lets get this party started

Posted by DavidT - 27 Jul 2021 20:15

---

Did you ever try to "Build and Maintain Motivation" Using the CBA Worksheet (Cost-Benefit Analysis Tool) ?

Use this informative paper-and-pencil tool to see what your behaviors are costing you as well as what they are providing you.

Divide your paper into four squares, and label the squares for each of the questions below, and list your answers. Then consider if you are getting the results you're looking for, or if change might be something to consider.

1. What do I enjoy about my addiction, what does it do for me (be specific)?

List as many things as you can that you liked about whatever you are/were addicted to.

a. Where possible, find alternative ways of achieving the same goals.

?b. Recognize positive thinking about the addiction as a potential relapse warning sign.

?c. Realize that there are some things you liked about the addiction you will have to learn to live without.

?d. List what you enjoy about your addiction so you can ask yourself if it is really worth the price.  
e.

Realize that you aren't stupid; you did get something from your addiction. It just may not be working on your behalf anymore.

2. What do I hate about my addiction, what does it do to me (give specific examples)?

List as many of the bad, undesirable results of your addiction as you can. Here it is extremely important that you use specific examples. Specific examples have much greater emotional impact and motivational force!

a. Ask yourself honestly "If my addiction was a used car, would I pay this much for it?"

?b. Review this list often, especially if you are having a lot of positive, happy thoughts about all the great things your addiction did for you.

3. What do I think I will like about giving up my addiction?

List what good things you think/fantasize will happen when you stop your addiction.

a. This provides you with a list of goals to achieve and things to look forward to as a result of your new addiction free lifestyle.

?b. This list also helps you to reality test your expectations. If they are unrealistic, they can lead to a disappointment based relapse.

4. What do I think I won't like about giving up my addiction?

List what you think you are going to hate, dread or merely dislike about living without your addiction.

a. This list tells you what kinds of new coping skills, behaviors and lifestyle changes you need to develop in order to stay addiction free.

?b. It also serves as another relapse warning list. If all you think about is how much life sucks now that you are not doing your addiction, you are in a relapse thought pattern that is just as dangerous as only focusing on what you liked about your addiction.

=====

Re: Lets get this party started

Posted by ?????? - 10 Aug 2021 22:57

---

8 days clean bh! Been so busy lately as i finally started yeshiva

=====

Re: Lets get this party started

Posted by YeshivaGuy - 17 Aug 2021 01:24

---

Update?

=====

Re: Lets get this party started

Posted by ?????? - 17 Aug 2021 03:07

---

=====

Re: Lets get this party started

Posted by OivedElokim - 31 Aug 2021 04:08

---

How's it going buddy?

=====

Lets just say I wish I could say i was clean since elul started.....