Square one

Posted by Looking_to_improve - 28 Feb 2021 22:41

Thread 3

Day 0

Restarting from square one

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Re: Square one Posted by Looking_to_improve - 06 Mar 2021 22:02

Day 6

BH I'm clean today. Motsei shabbos was a bit better, my mind cleared up a bit.

Re: Square one Posted by OivedElokim - 07 Mar 2021 04:14

Keep it up buddy

Re: Square one Posted by Looking_to_improve - 07 Mar 2021 21:42

Day 7

One week!

BH today was clean, but lusting and feeding my fantasies too much

 Re: Square one Posted by Striving Avreich - 08 Mar 2021 09:21

Re: Square one Posted by Zedj - 08 Mar 2021 13:39

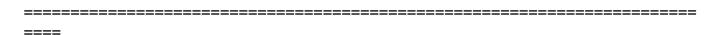
Amazing!

Keep it up!

do you have a plan in place when lust/fantasy occurs?

Re: Square one Posted by Looking_to_improve - 08 Mar 2021 16:48

To be honest no, which sounds stupid when I write it down. Mainly I'm trying to be preventative and avoid situations where I'll feel vunderable. Do you have any recommendations on how to formulate a plan?



Re: Square one Posted by Looking_to_improve - 08 Mar 2021 21:11

Day 8

BH today was clean

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Re: Square one Posted by Zedj - 08 Mar 2021 23:36

8 days of solid winning!

Re: Square one Posted by Striving Avreich - 08 Mar 2021 23:39

Rabosai, I think we need a major celebration Ikovid R' Looking_to_improve's major win!!!

Re: Square one Posted by Looking_to_improve - 09 Mar 2021 06:51

Striving Avreich wrote on 08 Mar 2021 23:39:

Rabosai, I think we need a major celebration Ikovid R' Looking_to_improve's major win!!!

Thank you, although I'm not sure what the cause for celebration is

Re: Square one Posted by starting - 09 Mar 2021 07:00

Looking to improve wrote on 08 Mar 2021 16:48:

To be honest no, which sounds stupid when I write it down. Mainly I'm trying to be preventative and avoid situations where I'll feel vunderable. Do you have any recommendations on how to formulate a plan?

Great template in the smart recovery section from menachemgye

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Re: Square one Posted by Looking_to_improve - 09 Mar 2021 16:32

A few questions for everyone here (I might start a dedicated thread for this)

1) Have you spoken to a friend about your struggles?

2)How did you start the conversation?

3)Was it beneficial to either of you?

4) Is he someone who struggles, and if not, could he relate to you?

Thanks for your help

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Re: Square one Posted by Looking_to_improve - 09 Mar 2021 20:27

Day 9

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BH clean today

Re: Square one Posted by Looking_to_improve - 10 Mar 2021 22:55 Day 10

BH another good day

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