

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 - 01 Jun 2021 09:23

Feeling a bit ill now, so taking it easy in bed rather than going to shiur. However, I'm still feeling some taiva from last night, and ideally I would try to keep myself occupied if I wasn't ill.

Looks like it's gonna be a tough day

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Re: Square one

Posted by Looking_to_improve - 01 Jun 2021 11:15

BH still clean. I'm going to try to go to afternoon seder and stay busy

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Re: Square one

Posted by Snowflake - 01 Jun 2021 12:33

Staying busy is always good. Staying alone with your thoughts, not so much.

Keep up the good work!!

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Re: Square one

Posted by Grant400 - 01 Jun 2021 14:05

Hang in there.

The real you wants to be clean.

The real you doesn't want to have to pick up the pieces and recommit....that THIS time things will be different.

The real you knows what will truly cause you more pain.

The real you is inside of you right now too. Hear it out.

Maybe try to break the day into smaller increments and focus on each on at a time. Looking ahead at a whole day in bed feeling icky, and still being clean is intimidating.

But if I was this awesome dude called "Looking_to_improve"...I wouldn't be intimidated.

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Re: Square one

Posted by Looking_to_improve - 01 Jun 2021 21:13

Day 47

BH clean, glad that I didn't make use of the fact I wasn't feeling great to act out

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Re: Square one
Posted by Grant400 - 01 Jun 2021 21:27

[Looking_to_improve wrote on 01 Jun 2021 21:13:](#)

Day 47

BH clean, glad that I didn't make use of the fact I wasn't feeling great to act out

So are we!

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Re: Square one
Posted by #makelifegreatagain - 02 Jun 2021 16:06

Ive been following you on this forum for awhile now, and it's so good to see you doing this well!
Keep it up! Stick to your plan, try to avoid looking at things you shouldn't, be very careful with
how you deal with emotions that could lead to feeling the urge, and don't forget we are all here
to support you no matter what happens!

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Re: Square one
Posted by Looking_to_improve - 02 Jun 2021 21:24

Day 48

Clean today bH

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Re: Square one
Posted by Hashem Help Me - 02 Jun 2021 21:58

LookingToImprove, maybe it is time to start mentoring someone. You have enough experience to be able to validate another guy's feelings of yi'ush etc. At the same time you can share your successes which have been real and consistent. Guys won't be intimidated by you because you are still struggling too. The benefits to you are twofold. One - As you share chizuk and advice, you will find that all that you have learned about these inyonim will become clearer to you as you verbalize it in your own style. Second - Knowing that your "talmid/chaver" is observing you, creates a mechayev to stay clean. You will be thinking, "I can't fall - what effect will it have on him?"

Makes sense?

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Re: Square one
Posted by Looking_to_improve - 03 Jun 2021 11:05

[Hashem Help Me wrote on 02 Jun 2021 21:58:](#)

LookingToImprove, maybe it is time to start mentoring someone. You have enough experience to be able to validate another guy's feelings of yi'ush etc. At the same time you can share your successes which have been real and consistent. Guys won't be intimidated by you because you are still struggling too. The benefits to you are twofold. One - As you share chizuk and advice, you will find that all that you have learned about these inyonim will become clearer to you as you verbalize it in your own style. Second - Knowing that your "talmid/chaver" is observing you, creates a mechayev to stay clean. You will be thinking, "I can't fall - what effect will it have on him?"

Makes sense?

Perhaps, but seems like a lot of pressure. I'm happy to be in contact with guys my age, but I'm more hesitant to play a mentor role. Also I don't think I'm fully in a healthy place yet (although maybe you are davka telling me now regardless)

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Re: Square one
Posted by Hashem Help Me - 03 Jun 2021 11:20

There is actually a third benefit - You will iyh start feeling good about yourself.....

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Re: Square one
Posted by Looking_to_improve - 03 Jun 2021 22:26

Day 49

7 weeks clean bH!

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Re: Square one
Posted by Grant400 - 03 Jun 2021 22:42

[Looking_to_improve wrote on 03 Jun 2021 22:26:](#)

Day 49

7 weeks clean bH!

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Re: Square one
Posted by Looking_to_improve - 04 Jun 2021 14:33

Day 50 Clean bH

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