

I thought it was over

Posted by Medly1234 - 14 Jul 2022 23:12

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I first stated GYE after a few weeks I had a fall. I got intouch with a mentor who really helped me. I B"H made it to 127 days! Then I had a fall. Then another. I made it back to like 30 days then another fall. After that I never made it past 10 days without a fall. The worst part is I don't feel guilty about falling anymore bc I know I can make it to 90 days again. Bc I did it already once. But I don't seem to be able to get past this block.

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Re: I thought it was over

Posted by Vehkam - 14 Jul 2022 23:57

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Here's a theory

Perhaps you need to clarify for yourself the reasons you would like to stop. You need to have it very clearly in order to motivate yourself. If you keep rationalizing your falls you may have forgotten what was motivating you.

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Re: I thought it was over

Posted by Lchaim Tovim - 15 Jul 2022 14:06

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Hey, unbelievable that you made it so far in the past but here's a question.

you wrote you don't feel guilty about falling any more because you know you can make it to 90 days again. If you didn't know you can make it to 90 days, would you then start feeling guilty all of a sudden? What does the number 90 have to do with anything?Also, it seems like right now your stuck and can't make it to 90 so you should feel guilty but you don't because you once made it to 90.

I think you have to think about three things...

#1 do you want to stop

#2 WHY do you want to stop

#3 (assuming you answered yes to #1 and found your why) What behaviors are causing you to fall

B'hatzlocha

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