

The breaks

Posted by Mr.123 - 29 Jul 2022 16:03

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Sometimes I just don't care, and sometimes I absolutely care. So much so I go crazy to stop my p&m issue entirely. The only problem is, that I will never see that in my lifetime! Such thought eats me up in the inside. Especially when it's just looking at a hot looking image, which at first doesn't attract too much attention but then minutes later, being bored, or just idol for a moment you just go straight down the rabbit hole, no breaks!

i try and try! It's been going on for years!

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Re: The breaks

Posted by frank.lee - 31 Jul 2022 00:40

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Welcome to the forum! You are at the right place to get help and finally make serious moves to successfully change your life!!

What actions do you take to stop?

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Re: The breaks

Posted by Mr.123 - 31 Jul 2022 06:33

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Read up on Gye. Videos etc.

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Re: The breaks

Posted by Lchaim Tovim - 01 Aug 2022 14:12

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I can definitely relate.

when you say that sometimes you don't care, do you really not care, or, are you saying that you just give up?

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Re: The breaks  
Posted by Mr.123 - 03 Aug 2022 06:40

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More like if I cared about anything this minute it would be to do abc and not hold myself back because I tell myself so much, I just can't help it anymore (so i feel in these momenta)

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Re: The breaks  
Posted by Lchaim Tovim - 03 Aug 2022 13:43

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More like if I cared about anything this minute it would be to do abc and not hold myself back because I tell myself so much, I just can't help it anymore (so i feel in these momenta)

So you care but feel like you are not strong enough to overcome the challenge.

Have you done anything to try to stop?

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