Starting again (But with hope) Posted by Hopefulposek - 20 Oct 2022 17:43

Hi everyone,

I started GYE about a month ago, was very excited about using the F2F tool to reach my goals (freedom from P and M), things started out well, I was keeping up with the program, made a plan and hade started my 90 days count.

Then over succos I started having a lot of urges everyday, I couldn't pinpoint the cues which were triggering it and I was getting worn down with constantly using the tools I had only recently learned about.

Then just shy of 30 days I had a fall.

Now I'm feeling down, but planning on trying to move forward start again and learn from the situation.

I'm trying to take some chizuk from it, because besides the one year streak I had after getting married this has been the longest clean streak I've ever had since starting with P and M.

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Re: Starting again (But with hope) Posted by Sapy - 21 Oct 2022 00:49

It's a journey my friend, it takes time to get better at it, good for you for getting back up.

As I recently saw on one of the oldies signature:

It cant be easy, then it would not be a GYE, But it also cant be impossible then it wouldn't be GYE either....

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Re: Starting again (But with hope) Posted by Human being - 21 Oct 2022 18:42

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