

14 days!!

Posted by funbuchur - 02 Nov 2023 04:39

Just finished 14 days. Not stopping here but proud of myself. Dunno where to post cuz this forum is to complicating for me but posting here.

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Re: 14 days!!

Posted by funbuchur - 01 Jul 2024 20:15

Day 5

going well. Had some urges but no way to get around filter.

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Re: 14 days!!

Posted by frank.lee - 02 Jul 2024 12:03

That is why it is so important to have a good filter!

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Re: 14 days!!

Posted by Heeling - 02 Jul 2024 13:55

[Heeling wrote on 16 Jun 2024 17:04:](#)

[funbuchur wrote on 16 Jun 2024 16:51:](#)

Fell last night.

Day 1.

when I reach day 14 gonna reward myself. If you see this and see my forum in 14 days remind me.

Wow! Kudos!

Will do!

A lot has happened since we made our deal on June 16 with one exception - you didn't give up!

Yes, you had some falls in the last 3 weeks but every fall was followed with a 'pickup' and that is what is so amazing about you! You simply dont give up! Keep fighting my dear friend, its tough, its blah, its exhausting, but nonetheless rewarding after all!

So dear brother, remember NEVER EVER to look back, becuae your not going that way - always look forward! There a ton of opportunities ahead of us.

Keep plowing!

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Re: 14 days!!

Posted by funbuchur - 02 Jul 2024 17:12

Day 6

Still having urges. Not gonna put to much focus On them hopefully they will pass.

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Re: 14 days!!

Posted by funbuchur - 04 Jul 2024 20:19

Day 8

past couple days I've randomly have Been having urges and ideas of how to fall... I haven't fallen but I feel like it's incoming I'm waiting for the urges to pass but even if they do they only leave for a bit and randomly come back.

hoping I can pull thru this stretch till it gets easier.

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Re: 14 days!!

Posted by Heeling - 04 Jul 2024 20:56

Hey! Hang in there.

Do you do the F2F program? Did you ever try using the SOS feature?

Take some deep breaths, focus on productive things, smile, and plow on!!

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Re: 14 days!!

Posted by frank.lee - 04 Jul 2024 21:27

When you get passed this you will see how easy it was, looking back. It is very difficult to overcome because we think we can not overcome it and it will eventually make us fall.

Once you do get past this successfully BEH, you will be much stronger in life, knowing you got this!

But there are many tools. I personally like the BOTG mehalech - as interesting, enticing pleasure it is to consider the taavos, fantasies, machshavos raos etc. - the pleasure of overcoming it - which means you are strong and smart, and want to be a great person, and will

succeed in life - is so much greater! You get so much great pleasure right now! Hold your chin up, feel good about yourself!

So it is not a choice of getting pleasure vs. suffering, missing the pleasure, but getting something intangible after 120.

It is getting fleeting, imaginary pleasure vs. getting more pleasure right now!

Hatzlacha, Warrior!

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Re: 14 days!!

Posted by proudyungerman - 05 Jul 2024 03:59

Maybe this is the time to try something else, something powerful.

How about reach out to someone from the site? (HHM, eerie...)

It can really be that last push that enables you to finally break free.

(No promises, but it has helped for many guys here, present company included...)

Bite the bullet! It'll take you places!!

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Re: 14 days!!

Posted by funbuchur - 05 Jul 2024 14:41

Day 9

bh for now it passed. Maybe I'm not feeling a sense of urgency. In the past when I started and felt like I had no hope and joined gye I was ready to do anything and called someone at first

chance. That could be ersht the problem I'm getting comfortable in the battle and forgetting the goal.

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Re: 14 days!!

Posted by funbuchur - 08 Jul 2024 03:45

Fell

Worst fall I had in months. Full on fall.

I'm Better than what happened today.

Not much words. Had so many moments I could have stopped and I didn't...

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Re: 14 days!!

Posted by Muttel - 08 Jul 2024 08:18

[funbuchur wrote on 08 Jul 2024 03:45:](#)

Fell

Worst fall I had in months. Full on fall.

I'm Better than what happened today.

Not much words. Had so many moments I could have stopped and I didn't...

Oy do I know the feeling.... Where I know I shouldn't be doing it, the urge isn't necessarily so strong, and yet, and yet.... I fall....

brother, stay strong in this battle, keep up the good fight, and get back on the monstuh truck!!

with brotherly love,

Muttel

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Re: 14 days!!

Posted by Heeling - 08 Jul 2024 14:25

[funbuchur wrote on 08 Jul 2024 03:45:](#)

Fell

Worst fall I had in months. Full on fall.

I'm Better than what happened today.

Not much words. Had so many moments I could have stopped and I didn't...

Ouch! What are you doing to ovoid this fall from happening again?

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Re: 14 days!!

Posted by proudyungerman - 08 Jul 2024 19:13

Oish! Feeling for you, brother.

You are better than what happened today, as you so beautifully said...

(Fell, shmell, keep on trucking...)

But, how are you going to react?

What can you change to avoid this happening again?

Either way...

KOMT!

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Re: 14 days!!

Posted by funbuchur - 09 Jul 2024 03:32

Day 1

I don't want to see myself waiting to magically change. I know what needs to be done I need to reach out. Maybe yesterdays fall was a big enough push to call someone...

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