

i am not feeling accomplished
Posted by jonthen123 - 26 Mar 2024 11:40

hi i am trying to be clean but so far i have done 13 days and i dont feel god about it i have done so long before but never with a plan now i am working with a plan and i have all hands on deck but i dont seam to feel good or accomplished

=====
=====

Re: i am not feeling accomplished
Posted by Captain - 26 Mar 2024 11:48

Welcome! This is very common. Please read [The Battle of the Generation](#) (link below in my signature). It's very good for this.

=====
=====

Re: i am not feeling accomplished
Posted by chaimoigen - 26 Mar 2024 15:24

Hey, here's a warm hand. Welcome aboard!

It's a process, it takes time. Be patient, and be patient with yourself. Habits and patterns, ways of dealing with things that have been going on for a while are very powerful, takes a while to change and feel good. But the great news is that it can be done!!

It's a great step that you've come on and started posting here. There's a lot to learn, and great people to learn from. Hang on, read some threads, read the book Captain sent you, maybe message some people when you're ready.

It can be quite a ride sometimes, but you can get to where you want to go, with a little help from friends and the Rebono Shel Olam.

Stay in touch!

Chaim Oigen

=====
=====

Re: i am not feeling accomplished
Posted by ??? ????? ????? ??? - 26 Mar 2024 15:59

[jonthen123 wrote on 26 Mar 2024 11:40:](#)

hi i am trying to be clean but so far i have done 13 days and i dont feel god about it i have done so long before but never with a plan now i am working with a plan and i have all hands on deck but i dont seam to feel good or accomplished

I usually don't feel good about it either. Sometimes I am proud of myself, but most of the time I don't feel good or satisfied and, on the other hand, I don't feel bad or dissatisfied either.

I like to go back to the 'why.' Why am I doing this? I know why I am doing this and it is not for a sense of satisfaction, gratification, or accomplishment. What is your why?

=====
=====

Re: i am not feeling accomplished
Posted by jonthen123 - 26 Mar 2024 17:05

i am taliking to ppl now already thats y i am doing it now with more a plan just somtimes you think when you or doing the wright thing is that you or happy about t you feel good about it it also gives you strength to keep on fighting without feeling accomplished and good about what i am doing i am scared i will fall in a fight you need to have the strength to fight it even you know it's the right thing you need this extra strength

=====
=====

Re: i am not feeling accomplished
Posted by davidt - 26 Mar 2024 19:50

[jonthen123 wrote on 26 Mar 2024 17:05:](#)

i am taliking to ppl now already thats y i am doing it now with more a plan just somtimes you think when you or doing the wright thing is that you or happy about t you feel good about it it also gives you strength to keep on fighting without feeling accomplished and good about what i am doing i am scared i will fall in a fight you need to have the strength to fight it even you know it's the right thing you need this extra strength

Positive reinforcement plays a pivotal role in the process of habit transformation. **Celebrate your victories, no matter how small, and use them as motivation to propel yourself forward.** Recognizing and rewarding positive behavior reinforces the neural pathways associated with the desired changes.

Every time you achieve a mini-goal or milestone, it **reinforces the effectiveness and value of your new habits.** This makes it more likely that you'll stick with helpful habits going forward. Therefore, rewards (even small ones) can be highly beneficial.

- **Reward yourself for milestones:** If you're trying to quit a habit, give yourself a treat for every week you abstain. Examples can include a new piece of clothing or equipment, or a meal out.
- **Share your success:** When others notice your progress and comment on it, this gives you validation and an extra boost in confidence. You don't have to show off or brag, but find people to share your journey with who can celebrate with you.

=====
=====

Re: i am not feeling accomplished
Posted by jonthen123 - 27 Mar 2024 12:18

thanks agien for all your help

but isnt feelling good about yourself good for a fight y dont i feel good about it y am i felling numb

=====
=====

Re: i am not feeling accomplished
Posted by chaimoigen - 27 Mar 2024 12:48

[jonthen123 wrote on 27 Mar 2024 12:18:](#)

thanks agien for all your help

but isnt feelling good about yourself good for a fight y dont i feel good about it y am i felling numb

Oy! Here's a hug....

Have you tried talking to any of the good folks here? It can really help. It's a step and it's a bit scary but after you do it, you'll probably feel 200 pounds lighter. I know I did...

=====
=====

Re: i am not feeling accomplished
Posted by davidt - 27 Mar 2024 12:58

[jonthen123 wrote on 27 Mar 2024 12:18:](#)

thanks agien for all your help

but isnt feelling good about yourself good for a fight y dont i feel good about it y am i felling numb

Maybe because you're putting too much thought and emphasis on these feelings.

The good feeling are good but not a must.

The important thing to remember is that our feelings, all of them, are created in our bodies by our thoughts. Bad feelings are not necessarily bad. We, as humans, need to feel the full range of emotions. If we don't experience bad, how will we know and appreciate good? Some things will make us feel sad or angry and trying not to feel those feelings or trying to block them can cause problems too. Negative emotions in everyday situations are a sign for us to pay attention to what we are thinking.

"Think good, and it will be good!"

=====
=====

====

Re: i am not feeling accomplished
Posted by jonthen123 - 30 Mar 2024 18:44

anyone has some good ideas how to get more encorgment feel more happy with what you or doing i am bh clean fully for 17 days but still dosnt feel happy or acomplished to keep fighting

=====
====

Re: i am not feeling accomplished
Posted by Vehkam - 31 Mar 2024 01:18

[jonthen123 wrote on 30 Mar 2024 18:44:](#)

anyone has some good ideas how to get more encorgment feel more happy with what you or doing i am bh clean fully for 17 days but still dosnt feel happy or acomplished to keep fighting

Have you read the battle of the generation?

=====
====

Re: i am not feeling accomplished
Posted by jonthen123 - 31 Mar 2024 14:35

no not yet

=====
====

Re: i am not feeling accomplished
Posted by notezy - 31 Mar 2024 18:19

[jonthen123 wrote on 30 Mar 2024 18:44:](#)

anyone has some good ideas how to get more encouragement feel more happy with what you are doing i am not clean fully for 17 days but still don't feel happy or accomplished to keep fighting

Correct me if I am wrong. I don't think you need to feel happy all the time and I am not saying you shouldn't. But what you require right now more than happiness might be **patience**, to persevere through the absolute normality.

Life isn't/doesn't have to be an adrenaline rush. It seems like you're chasing a high so you feel like you're accomplishing something even though you have already.

Maybe all you need is a bit of **patience** and **persistence** through the calm. The storms will come and you will be wishing for these days when they do so if you must do something prepare for that.

=====
=====

Re: i am not feeling accomplished
Posted by yitzchokm - 31 Mar 2024 18:45

The theme of the book *The Battle of the Generation* is the courage and excitement to fight. I suggest that you regularly read it. I couldn't have broken free without it. Here is the link to the ebook: <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>

=====
=====