

Cruzing down the 90- hope I don't crash.

Posted by Mr94 - 07 Oct 2024 03:52

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Just wanted to share with the oilam here, I'm currently on a 34 day streak no P no attempted P no using unfiltered devices (working with HHM doing accountability). I've made it this far in the past- never used to count but have definitely gone a couple months clean, but I always eventually let my guard down and the gedarim start to fall to the side and then comes a fall. Wondering how those who have been here before push past this hump and continue on lasting sobriety. For now I'll keep checking in here updating my streak- that gives a good feeling of accomplishment seeing the days build up. GMAR CHASIMA TOVA to all the amazing people here!

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Re: Cruzing down the 90- hope I don't crash.

Posted by eiyantov - 07 Oct 2024 10:59

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I am not there yet (you are ahead of me!) but my thoughts are, p/m was filling a void in life, whether as a pacifier for stress/anxiety/etc or due to a lack of meaning etc. I believe/hope that if you fill the void in a positive way, you won't need the p/m fixes. In example one of gedarim I put in place when starting with HHM was to stop using a certain social media platform. I felt it would be a big trigger. To fill that void I am here more often commenting, trying to give chizzuk etc. Oh and by the way, GYE is actually real, unlike social media is all fluff and fake, so I actually feel good about being here, commenting, be mechazek, etc.

#My(NotSo)HumbleThoughts

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Re: Cruzing down the 90- hope I don't crash.

Posted by odyossefchai - 07 Oct 2024 12:09

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[Mr94 wrote on 07 Oct 2024 03:52:](#)

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accomplishment seeing the days build up. GMAR CHASIMA TOVA to all the amazing people here!

Firstly, 34 days is an immense achievement. Hashem should bless you with the strength to continue this amazing journey you are on.

Secondly, I have found that as soon as I have any urge, I reach out to the people on here, read some threads or shoot a text to your friends here.

You don't even have to say why you are texting. Just a good morning text works great for me. Being amongst friends who are on a similar journey to yours, and understand what you are dealing with with, helps me a lot.

Until I feel I am strong enough to stand on my own two feet, I will continue to reach out to my friends on a regular basis. And after I am strong enough, I'll still reach out to my friends!!!

Also, try shmoozing to someone who is on a 1 day streak. You made it to 34, now talk to someone who may need your friendship, warmth and understanding.

Hatzlacha in your amazing, awe inspiring journey to 1 million days clean!

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Re: Cruzing down the 90- hope I don't crash.

Posted by Mr94 - 07 Oct 2024 13:16

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[eiyantov wrote on 07 Oct 2024 10:59:](#)

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Couldn't agree more, 100%. The more I work on real life challenges- shalom bayis, being there for children, getting up early to daven properly, learning with chavrusos etc. the more real inner

contentment I feel and therefore don't need to turn to fake fixes. I just know that even despite that if I let my guard down then BAMM! I'll get blindsided when I'm not expecting it. The way I see it I gotta constantly remind myself why I have these gedarim and not for any reason be lenient on them. This challenge isn't something you could fix with one trick, it takes a combo of different things to overcome. Hatzlacha to you, may you succeed on your goals and journey,

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