

My Journey/Assistance

Posted by hockeyfan83 - 02 Dec 2024 00:06

Hey all!

I'm new here. It's 20 years of this garbage habit that I so very much want gone like yesterday.

Anyone have some pointers on how to distract from/resist urges on the fly? I am looking to start stacking small wins.

Thanks!

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Re: My Journey/Assistance

Posted by proudyungerman - 02 Dec 2024 00:44

Welcome to the warmest family in the world!

Here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

There are many tools here to help you in this fight.

There is the F2F Program, the [Vaad Program](#), the book The Battle of the Generation - many have found this very helpful in reframing the struggle.

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There is also an extremely powerful tool of accountability, friends, and mentors, as has been mentioned, that has helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable

at michelgelner@gmail.com.

Some of the other great guys here are Eerie - 1gimpelovitz@gmail.com, Muttel
- muttel15@gmail.com, and iwannalivereal iwannalivereal@gmail.com Reb Akiva
- mevakesh247@gmail.com.

Looking forward to seeing great things from you!

And don't forget, as always, KOMT!!

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Re: My Journey/Assistance

Posted by jump - 02 Dec 2024 01:24

Hey, welcome! It's great that you're taking the first step toward breaking the habit.

For resisting urges on the fly, here are some quick strategies that might help:

1. **Mindful Breathing:** When an urge hits, pause and focus on slow, deep breaths. It can help you regain control and create a moment of distance from the craving.
2. **Physical Distraction:** Try to shift your energy. Go for a walk, do a quick workout, or even clean something. Physical activity helps break the cycle.
3. **Keep Your Hands Busy:** Grab something to occupy your hands, like a stress ball, fidget spinner, or even doodling on paper.
4. **Drink Water or Chew Gum:** Often, hydration or chewing something can distract you and help curb the craving.
5. **Think of a "Why":** Remind yourself why you're quitting. Whether it's for your health, family, or finances—just remembering your reasons can strengthen your resolve.
6. **Delayed Gratification:** When you feel the urge, tell yourself you'll give it 10 minutes before deciding. Often, cravings pass in a short time.

Stacking small wins is key, and even getting through 10 minutes without giving in is a win! Keep it up, you're building momentum.

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Re: My Journey/Assistance

Posted by levaryeh - 02 Dec 2024 15:41

Hey welcome ! What worked the best for me is accountability , it was hard at first , but I reached out to HHM on the phone and it's helped me tremendously. I highly recommend contacting him : michelgelner@gmail.com

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Re: My Journey/Assistance

Posted by iyh2023 - 02 Dec 2024 17:47

Hey fellow Blackhawks fan,

The answer to your question lies therein, you see, your desire "to start stacking small wins" is a great tool you shall wholly capitalize. Trying to beat the bear in one go is not realistic and not advisable, because as you've said, you have 20 years of this stuff to tackle. Take small but consistent steps and you already are a changed man. Focus on your achievements and let bygones be bygones.

There are lots of wise people on GYE that have bean down your path before, reach out and they will help you heal. Utilize the gift called GYE for penny its worth.

So long pal, be well, and bon voyage.

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