

Trying again

Posted by photog - 15 Jan 2025 07:01

Hi Everyone,

I have been having more falls recently and want to try posting here again daily to have some accountability. My biggest challenge is at night when there's less to do, I am by myself and the urges are strong. I have deleted or blocked apps on my smart phone and I have set my computer to shut off at a predetermined time at night as well as blocking sites with a filter and this does help a bit. It's still easy though to get around these restrictions particularly on my computer, but I do need access to it for work at night for the time being. Does anyone have any experience on how to deal with urges when it is easier to act out being alone? I'm hoping getting in the habit of posting here and using the chat will help, but I feel like I need more strategies when I'm vulnerable. Thanks for reading!

Day 1

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Re: Trying again

Posted by stopsurvivingstartliving - 15 Jan 2025 10:17

I have been having more falls recently and want to try posting here again daily to have some accountability.

What a smart move! Wishing you the best of luck moving forward!

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Re: Trying again

Posted by yosefms - 15 Jan 2025 11:06

doing the same thing! its a definitely a good idea

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Re: Trying again

Posted by Muttel - 15 Jan 2025 14:16

Definitely difficult!!!

What's worked for me is texted a friend for accountability before and after usage while alone.

There are many on this site who would be happy to serve as your accountability partner (myself included).

Have you already reached out to Hashem Help Me (michelgelner@gmail.com)? He's helped hundreds, me included.

Here's hoping you beat this damned beast - forever,

Muttel

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Re: Trying again

Posted by excellence - 15 Jan 2025 20:34

Re getting around your filter. Have you considered webchaver? It made all the difference for me.....

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Re: Trying again

Posted by thegrave - 16 Jan 2025 07:26

Good luck to you stay strong!

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Re: Trying again

Posted by photog - 16 Jan 2025 20:59

Thanks everyone! I will look into the advice you offered. Doing okay today and yesterday.

Day 2

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Re: Trying again

Posted by photog - 19 Jan 2025 03:27

Doing alright today so far - weekend nights are tricky. Trying to stay busy!

Day 3 and 4

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