

Here We Go Again . . . Again.

Posted by benporasyosef - 31 Mar 2025 19:26

Not sure GYE is accurately reporting my streak. Not sure any of us are accurately reporting our streaks. Right now my streak is "76 days clean, with 2 days with falls." Those falls were somewhere in the middle, but that doesn't negate all the wins I had before and after since recommitting to fighting this battle (heard from *amevakesh*, not my own idea).

B"H writing now to report another win. The email I was using for GYE I had also used for bad websites. I was getting daily spam emails, and despite knowing they're all scams I was struggling to avoid looking or writing back and was starting to slip. So just now I created a fresh email, updated my GYE account, and deleted the old email entirely.

Not a huge deal, but still something I'm proud of. Will definitely make bein hazmanim a little easier having less triggers.

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