

Finally over

Posted by 55tommy - 15 Apr 2025 19:24

I've been a long time user and been committed to quitting many times before but each time I've lost motivation some part of the way through, but I never reached out to anyone and now I am so I'm hoping this will make a difference. I'm going to update on here every day until I make it 90 days IYH!! Come along and support (already failed today so tomorrow will be day 1)

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Re: Finally over

Posted by Muttel - 16 Apr 2025 00:26

Welcome!

We've all been long time users, some longer than others.... GYE signifies **hope**. Hope to break free, hope to live a life of purity and fulfillment, one day at a time....

Stick around and learn the ropes, the support here is outstanding!

Muttel

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Re: Finally over

Posted by levnishbar - 16 Apr 2025 01:09

BN I will join you. I restarted on Erev Pesach, so I am at three already. Let's go together iyH!

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Re: Finally over

Posted by vehkam - 16 Apr 2025 01:26

Reach out. We are here for you. We know the feeling.....

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Re: Finally over

Posted by chaimoigen - 16 Apr 2025 03:18

Welcome!

though each of us must walk our own road, but it's so much easier to walk together with friends who understand.

GYE means hope. You CAN break free.

Doors can open where you have thought none were possible...

Behind so many many usernames are folks who struggled for decades, who have learned that change and freedom is possible.

Stick around! Read some threads, learn the ropes, get to know some of the great people here, there's a lot of wisdom, experience, and there is healing in connecting and sharing...

Here's a warm hand,

Chaim Oigen

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Re: Finally over

Posted by 55tommy - 17 Apr 2025 01:56

Day 1 - success

It's funny how after struggling so consistently for so long, you get a burst of passion and the urge just goes away almost completely. That's what it's been like so far, but I know the feeling doesn't last. The struggle is to now carry on the same feeling of dedication and mental fortitude

that the change in mindset has brought me. I look forward to facing the challenges ahead and can't wait to finally regain control. Beezrat Hashem!

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Re: Finally over

Posted by sytv2002 - 17 Apr 2025 05:13

Hey! I have the same commitment! Just regarding posting every day. It's helpful. I wish I can say I've been clean since I've started, but my actions just a few moments ago would object. It's been hard but staying connected gives me something to make me feel good about. Would love to be in touch and share our journey together. My email is sytv2002@gmail.com.

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Re: Finally over

Posted by 55tommy - 18 Apr 2025 04:36

Day 2

Still going strong. What helped today was just keeping myself busy, learned a lot, spent time with family, and then at night when I normally get urges I went out with one of my friends. All in all a good day but I'm not getting relaxed because I know that the hard days are soon to come. Still working on certain techniques but Beezrat Hashem they should be successful.

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Re: Finally over

Posted by 55tommy - 21 Apr 2025 03:18

Day 5

Yom Tov was incredible and keeping myself busy along with spending time with family allowed be to be pretty much locked in the entire time. There were a lot of intrusive thoughts that kept popping into my head but for now I've just accepted them as signs that my body is adjusting to being clean. Still haven't had to fight any really tough urges but the second you start to think you're through one always comes so I'm staying strong and will continue to do so Beezrat Hashem!

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Re: Finally over

Posted by tidkaspizrono - 21 Apr 2025 16:17

Chazak!!! BezH

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Re: Finally over

Posted by 55tommy - 22 Apr 2025 02:49

Day 6 (not sure why my streak is 7 days guess I messed it up sometime before)

My struggle in the recent past always went something like: 5 days clean, 2 days off, over a week clean, 1 day off. Which means that now is when it's going to start getting hard, but everyday that I can resist will make it that much easier and that's what's been keeping me going. I caught myself rationalizing today and was able to stop myself which I was proud of, because that was always what got to me in the past. The urges are definitely starting to spike but Beezrat Hashem I'll be fine!

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Re: Finally over

Posted by yesoidshebiyisoid - 22 Apr 2025 03:56

Keep up the good work!

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Re: Finally over

Posted by hopefulposek - 22 Apr 2025 13:52

Hey, just wanted to join the support team. Question: what tools are you using besides for

posting here? Have you done the F2F program? Have a mentor? Joined the vaad? Daily dose of BotG? These are some things which helped me tremendously especially having a partner to reach out to during the regular withdrawal period, which might be what you're describing. Good luck Buddy, we're rooting for you!

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Re: Finally over

Posted by 55tommy - 23 Apr 2025 02:59

Thanks for reaching out! I've watched a good portion of the F2F program of which I really liked urge surfing, and even more the idea that my thoughts don't define me. Also the idea of taking a step back and see it through a 3rd person lens has helped in both reacting to urges, not overreacting when I slip up, and being able to see the progress that I've been making. Aside from that though I haven't done much else.

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Re: Finally over

Posted by 55tommy - 23 Apr 2025 03:01

Day 7

One week! I've been a week and even a month or two clean recently but it was always with the knowledge that I would eventually slip up. This one feels different. Today was pretty uneventful overall and nothing that was so hard to deal with so hoping to keep the momentum going beezrat hadhem!

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