

Starting again!!!

Posted by OivedElokim - 11 May 2020 03:15

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I'm excited to embark on my journey to 90 days. I'm having a hard time staying clean for more than a week. Haven't really been 100% sure I really want to stop, and therefore I have a weak resolve and faulty

My plan is a daily post over here, content restrictions. I'm trying to formulate a taphsic-style deterrent without an actual ??????. *Please post any suggestions you might have in that regard.*

I'm also going to try be in touch with accountability partners.

My current goal is 2 weeks clean. Will see what happens next.

Wish me luck!

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Re: Starting again!!!

Posted by Grant400 - 20 Dec 2020 22:52

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[Zedj wrote on 20 Dec 2020 22:14:](#)

I play this out in my head alot. It's funny I don't just cut to the chase and say "im not doing this" rather it's a whole back and forth.

Every time? That is exhaustive and tiring! Eventually you should be able to reach a point where the "back and forth " doesn't have to take place as often. Maybe sometimes when the urge is tremendously overwhelming, but as a whole it should be clear to you that every back and forth already ended the same way.

That is the whole idea of creating a pro and con list. Have the decision made already. So when confronted you don't need to call a board meeting and discuss the options again. All you have to do is reference yesterday's decision.

Not only is it less tiring, it will prevent the battle from progressing, and withhold you from having to answer every new angle thought of.

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Re: Starting again!!!  
Posted by Zedj - 20 Dec 2020 23:34

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@grant

To clarify..it's not every time but Its not uncommon.

I made a pro and cons list...I have to find it.

I guess it's time to rewrite it and have it in hands reach

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Re: Starting again!!!  
Posted by Grant400 - 21 Dec 2020 00:01

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[Zedj wrote on 20 Dec 2020 23:34:](#)

@grant

Thanks for the response.

To clarify..it's not every time but Its not uncommon.

I made a pro and cons list...I have to find it.

I guess it's time to rewrite it and have it in hands reach

It's almost not even necessary to have it, in order to read it. The concept is that it's a done deal. You already made the decision when you wrote the list. No thinking necessary anymore!

Just say no, and no matter how many buts your mind starts to fabricate, you need not respond. You already decided and rethinking a decision obsessively is just plain anxiety. It's not helpful.

It sounds painful. Because it is. But after a (brutal) while it starts to get easier and you can be set free.

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Re: Starting again!!!  
Posted by OivedElokim - 21 Dec 2020 05:04

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Day 20.

Pretty rotten, slow and sluggish day. Didn't learn much or do anything particularly productive. But I'm grateful that it's only like this on the last day of my break as opposed to all of them.

Spent some time on an unfiltered device after texting my accountability partner. Originally I was using it to do something important, but it sort of evolved into mindless surfing of YouTube (music, mental health content and other random stuff) and other sites. It was an incredible waste of time (over 3 hours) and a reflection of the spirit of empty, unfocused laziness and passivity that defined my day. I'll head to bed now, hopeful for a good nights rest, to wake up with renewed energy, purpose and optimism as I head back to yeshiva...

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Re: Starting again!!!  
Posted by Zedj - 21 Dec 2020 05:11

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@grant

Your right,

I made a decision and saying no with no back and forth would be less stressing.

I guess Ill have to be more resolved and not give room to ponder these things

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Re: Starting again!!!

Posted by YeshivaGuy - 21 Dec 2020 05:32

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[OivedElokim wrote on 21 Dec 2020 05:04:](#)

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You rock man!

Keep strong

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Re: Starting again!!!

Posted by Zedj - 21 Dec 2020 05:40

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Hi O.E,

Everyone has such days that are slow, sluggish, or even boring.

But in yeshiva it is never boring. There is always something to do to keep yourself busy.

Your doing great keep it up!

Wishing you much hatzlocha!

You won't have access to the site when there correct?

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Re: Starting again!!!

Posted by OivedElokim - 21 Dec 2020 05:41

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Thank you.

For the most part I don't have access in yeshiva, although occasionally I do.

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Re: Starting again!!!

Posted by YeshivaGuy - 21 Dec 2020 05:43

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Just wanna say Reb Yid, that I'm in awe of your gevura to stay clean in the face of the nisyonos being where u were...

Im so so proud of You!

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Re: Starting again!!!

Posted by YeshivaGuy - 21 Dec 2020 05:48

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And just a word of caution, u prob know, to be extra careful tonight, cuz it's the last night before returning to Yeshiva, so later on (like around 1/2am) the Yetzer may seek to entice u by saying to "chap arein"...

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Re: Starting again!!!

Posted by OivedElokim - 25 Dec 2020 20:27

So stay strong! And maybe head to sleep? (Assuming we're in the same time zone)

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Day 25.

Clean.

Good Shabbos!

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Re: Starting again!!!

Posted by Zedj - 25 Dec 2020 20:53

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Have a great shabbos!

Happy you can come back on and update!

All the best!

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Re: Starting again!!!

Posted by OivedElokim - 29 Dec 2020 00:07

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Day 28.

Thank you HaShem!

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All the best!

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Re: Starting again!!!  
Posted by OivedElokim - 30 Dec 2020 23:55

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Day 30.

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Re: Starting again!!!  
Posted by wilnevergiveup - 31 Dec 2020 05:21

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[OivedElokim wrote on 30 Dec 2020 23:55:](#)

Day 30.

Mazal Tov!!!

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