

I am so disappointed

Posted by holistic - 11 Sep 2011 07:46

I can't believe it! After 31 days I slipped up. I was doing so well. I read the chizukim every day, took party in the 90 day chart, and to a greater or lesser degree took part in the forums.

Motzei Shabbos I fought the urges for 31/2 hours, and then I just gave in.

On the 1 hand I am just so ashamed; on the other I don't know if I'll ever get over this. Your encouragement has been great but it doesn't change the reality of my situation and my nature. How do I know I'm just not fighting against something thats just unchangeable...a kind of useless struggle...tilting against windmills.

I am just so sorry

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