

CHIZUK AND GOOD NEWS ONLY HERE :)

Posted by Fightingaddictionnow - 04 Jan 2016 21:39

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So I think this might be the first only good news post I've ever posted. I wrote a long helpful post when I crossed 90 days, describing what I think are the best tools etc. and I've kept off the GYE website since then as it can be a trigger for me - totally forgetting works better for me. Anyway, I think GYE and all its visitors deserve some happy stories for motivation, so I'll add my bit.

Nothing long or fancy. Just some facts...

- With the help of Hashem I'm 163 days clean.

- Acting out has literally become a non-option for me. I don't even think about it anymore.

- My Shmiras Einayim is on a whole new level than it ever was, with regards to controlling myself and looking away as soon as I see something.

- I'm SO FREAKIN HAPPY ABOUT THIS!

Lots more to write a different time. Just wanted to stick that up for now. Hatzlacha everyone and thank you all!! Peace out.

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Re: CHIZUK AND GOOD NEWS ONLY HERE :)

Posted by markz - 04 Jan 2016 22:30

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Keep the good news comin'

Our psych is used to guys complaining, we need the positivity, maybe stick around for a bisssel

woodford ;-)

keep on trucking

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Re: CHIZUK AND GOOD NEWS ONLY HERE :)

Posted by Getting married - 04 Jan 2016 23:11

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[Fightingaddictionnow wrote:](#)

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Wow wow keep it up I'm happy to see there is people winning also

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Re: CHIZUK AND GOOD NEWS ONLY HERE :)

Posted by mggsbms - 04 Jan 2016 23:49

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What a great positive post. Thanks for raising the bar, you're somebody to look up to.

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Re: CHIZUK AND GOOD NEWS ONLY HERE :)

Posted by markz - 07 Jan 2016 00:41

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My friend fighting addiction, when you get back pls checkout your post alive and well [HERE](#)

Now - time for Good News, I take the following news as chizuk - when we work on ourselves Hashem does the rest, and it has ripple effect

Guys keep trucking, one state at a time

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