

Longest streak over. Keep on fighting-and winning.
Posted by TheSicarioWarrior - 19 Nov 2019 20:32

57 days. That's how long my record streak is. I lost it around 3 weeks ago.

And the past 3 weeks have been hell.

Apparently, this is not uncommon. Many people who lose long streaks find it extremely hard to regain their footing afterwards. The higher you go, then the harder it is to get back up if you C"V fall.

But you WILL regain your footing. And when you do, remember this.

You. Can. Do. This.

I just experienced it. I rolled around in the filth for several days after falling. But eventually, I got back up. And you can too. Take it one day at a time.

It's one of the oldest cliché's in the book, but it's true. Just focus on today-and ONLY today. You'll find that after that, it makes things so much easier. One day at a time. It really works. And it's not easy at all. But it works.

Hopefully this helps others keep fighting-and winning.

Hatzlacha to all. May Hashem bless us with Moshiach bimheira biyameinu.

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Re: Longest streak over. Keep on fighting-and winning.
Posted by Dave M - 20 Nov 2019 00:45

Great post. Keep em' coming

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Re: Longest streak over. Keep on fighting-and winning.
Posted by Hashem Help Me - 20 Nov 2019 06:20

Very well written!

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Re: Longest streak over. Keep on fighting-and winning.
Posted by ColinColin - 21 Nov 2019 01:44

The days after falling are dangerous.

The Yetzer Hara teases you that because you fell, you have nothing to lose by falling again.

This is how that Yetzer works, it wants you to feel low.

Instead, take things day by day. Hour by hour, minute by minute if need be.

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