

single and Clean

Posted by 1084 - 19 Mar 2023 03:44

Hi, are there any single GYE members who've for the most part are completely clean from M?

For myself, my average struggle has been somewhere between 3-4 per week, without Pas Bisalo I'm wondering if it's possible to be abstinent on a regular more permanent basis?

I would love to hear feedback from my fellow single GYE chevra

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Re: single and Clean

Posted by Vehkam - 19 Mar 2023 06:22

[1084 wrote on 19 Mar 2023 03:44:](#)

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It is possible. You need to believe that to be successful

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Re: single and Clean

Posted by jackthejew - 19 Mar 2023 17:04

about 1 and a half years for me Bsiyata Dishmaya Ken Ayin Horah

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Re: single and Clean
Posted by 1084 - 19 Mar 2023 17:17

wow that's amazing!!! how'd you do it?

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Re: single and Clean
Posted by imfree - 24 Apr 2023 22:44

Over 600 days clean for me. You can do it

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Re: single and Clean
Posted by EccentricComposer - 25 Apr 2023 00:04

Amazing!

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Re: single and Clean
Posted by Emes-a-Yid - 25 Apr 2023 05:23

62 days for me

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