

Getting back up again

Posted by yirtzahhashem - 22 Apr 2025 08:08

262 days clean! 1 fall and now tomorrow is **Day 1** of my new streak that will be much longer and much better!

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Re: Getting back up again

Posted by hopefulposek - 22 Apr 2025 12:30

HHatzlachah! You don't lose what you gained during that time of cleanliness, keep growing and you're doing great! It might help not to focus so much on the streak, but you have to find what works for you. In any case, hatzlachah!

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Re: Getting back up again

Posted by balancedfox70 - 22 Apr 2025 14:43

262 Days clean! Wow that's amazing! You should be dancing in the streets knowing what you have accomplished and what you can accomplish!

What has worked for you to get that far?

All the best.

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Re: Getting back up again

Posted by iwillkeepmybrith - 23 Apr 2025 14:02

I read something very interesting, it's a speech by Rav Abergel who said that in spirituality we don't see failure and success but each step forward is a success in itself. You had 262

successes and that's huge for that you should jump dance celebrate that. It's huge and I'm sure that you didn't go back because of the fall, I'm sure that the you of today is no longer at all the same as the you of 262 days ago, you accomplished something extraordinary and today you know that you can do it again. You fell it doesn't matter, it happens. But you are no longer the same person and that proves that it is not a failure

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Re: Getting back up again

Posted by proudyungerman - 23 Apr 2025 14:36

[yirtzahhashem wrote on 22 Apr 2025 08:08:](#)

262 days clean! 1 fall and now tomorrow is **Day 1** of my new streak that will be much longer and much better!

The positive attitude will take you places!

KOMT!!

(Just one question, if I may. What was the reason for the fall? What can you learn from it going forward? Was there a specific trigger?)

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Re: Getting back up again

Posted by yirtzahhashem - 23 Apr 2025 16:16

262 days clean!! 1 fall. Today is day 2 on my road to real freedom.

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Re: Getting back up again

Posted by yirtzahhashem - 23 Apr 2025 16:20

This thread is my first time being active on the forum here. I am going to put down in writing some of my journey and think that by utilizing the amazing chevrah here on GYE I'll be able to truly change, and be free.

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Re: Getting back up again

Posted by balancedfox70 - 23 Apr 2025 17:48

Looking forward to hear about your journey.

Have you ever attained an accountability partner since you joined Gye? I found that to be very effective.

Hatzlocha & All the best!

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Re: Getting back up again

Posted by yirtzahhashem - 25 Apr 2025 14:38

262 days clean! Today is day 3 after just 1 fall. Yesterday I was left alone somewhere with unfiltered internet. My yetzer hara told me to go on a website to just look for a moment. I started putting in the name of website and my heart starting pounding hard and my hands starting shaking. My mind was in major turmoil I had a big urge to see this, on the other hand I have a goal I am working towards. Then bchasdai Hashem I accidentally deleted the URL I was typing in. I started typing it again and then I STOPPED. HASHEM is the one who deleted the URL to give me a chance. I DONT WANT THIS!! I turned off the device and went and did something else.

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Re: Getting back up again

Posted by balancedfox70 - 25 Apr 2025 17:25

Huge win brother!

You just demonstrated strength our ancestors probably did not possess!

Dancing for you over here and I'm sure they are doing the same up there as well!

KOMT!

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