

advice and encouragement much needed!!

Posted by frenchjew - 15 Jun 2010 20:48

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hi all, please take the time to reply and post any experiences or encouraging stories!!

ill tell you a bit about me first - maybe some of you will find it easier to relate to me this way!

i live in london, and im in my last year at school

next year i will be going to yeshiva in jerusalem for the year which im really looking forward to, and i would love to have ridden myself of this terrible addiction by the time i go!

today is my 5th clean day of my current 'streak', and its now getting really hard! im in the middle of my exams, so im revising a lot atm. however, during breaks, especially if im at home alone, i feel extremely weak....

i find that there are certain 'checkpoints' during the day which i know if i reach ill be ok (such as mincha and maariv, when my family come home etc...) , but i was wondering if anyone knew of any other means to maintain a constant positive mental attitude!

right now im feeling strong but i dont know what tomorrow will bring, so please reply, and i hope to get to know some of you as well as giving only me advice!!

thank you so much!

p.s ive been using this site for about a week now, and i think its great! if i do come clean b'h, i know itll definitely part because of this incredible GYH

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