

how di i get back up after a one week fall

Posted by muststop - 22 Jan 2011 16:58

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Hey guys so im having alot of troble getting into the mindset to fight again I just feel like I will never be able to break free

any ideas

thanks

muststop

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Re: how di i get back up after a one week fall

Posted by Kedusha - 23 Jan 2011 03:34

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Only work on one day at a time. Each day, pretend you're up to day #89 and 23 hours. If you really take this seriously, you'll postpone falling for at least an hour (in order to make it to 90 days), and you'll take steps during that hour, such as reaching out to others.

Post about your journey - I hope that, b'Ezrash Hashem, you have a lot of Hatlacha!

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