

I fell. what I learned.

Posted by Chaim1977 - 15 Feb 2011 10:44

I've just fell from the 90 days chart after 46 clean days. I will share with you what I learned from this fall: I had completely overcome any need for the internet junk. however I had told myself 'I can still have a look around' on the street or at the swimming pool, it won't hurt...in fact it didn't hurt immediately. however such a wrong choice had a cumulative effect on my mind. 6 days ago I got cough and cold and I was forced not to do sport anymore. i stayed locked in my room and in that moment of weakness all the memories I had stored looking around myself too much came back and I didn't succeed in resisting forever. despite the fact that I received an incredible healing a few days later I fell. Now I start fighting again with a new resolution: no looking around at all. no compromises within myself, through which I was going on allowing my self 'small things which do not hurt'. no space at all anymore to the YH.

c77

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Re: I fell. what I learned.

Posted by DovInIsrael - 15 Feb 2011 10:47

hi Chaim.

good for you- for learning something.

sorry to hear that you fell

fell, shmell.

now its time to pick yourself up, dust yourself off, and start climbing again!

dov.ii

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