

Slip or Fall

Posted by ratzkatzvi - 31 Mar 2015 23:28

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Hey, I've been hanging around the forum for a bit but this is my first post. I'm in my first year of college after spending a couple years in Israel, i've been fighting since high school. I have a laptop, but its filtered over the top and my roommate holds the password. I usually dont have much time to mess up, friday through sunday is the hardest when i have a block of time set aside for schoolwork that doesnt always get used as well as it should. I was wondering if the following is a fall or a slip, n'm for my chart count-sunday night for some reason i just couldnt get to sleep, so i put on some music, that didnt help and i was getting more and more restless. around 330 i was so frustrated i just messed up, which hasnt happened in a pretty long time. i've been doing well on the count so dont want to reset, but i probably need to...i'll follow the ruling of the forum.

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Re: Slip or Fall

Posted by belmont4175 - 01 Apr 2015 00:58

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First of all Welcome to this place, you did a great thing by coming and posting, I'm not the judge here, but I guess it's a fall, however stick around continue reading and posting, and remember one day at a time is what counts, lots of hatzlacha!

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Re: Slip or Fall

Posted by cordnoy - 01 Apr 2015 01:10

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Welcome

b'hatzlachah

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Re: Slip or Fall

Posted by yiraishamaim - 01 Apr 2015 04:26

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So glad you've joined.

Welcome and Hatzlacha Rabah

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Re: Slip or Fall

Posted by gibbor120 - 01 Apr 2015 19:19

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Welcome, you didn't say what you did. You just said "I messed up". How did you mess up? Either way, don't focus on the past. Look forward, not back. Don't be a stranger, keep posting!

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Re: Slip or Fall

Posted by serenity - 02 Apr 2015 04:39

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Welcome! We all only have today! The chart is nice, but really today is what we have.

Hatzlacha!

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Re: Slip or Fall

Posted by gye1962 - 02 Apr 2015 14:28

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hi Ratzkatzvi.

thank you for posting.

i am also new to the forum and started only 4 days ago and may i suggest that in your free time get an exercise routine that will help you relieve some stress, which in my experience has been very helpful.

beatztlacha raba tzadik and may you beat the challenge ahead of you

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