

Well here where are

Posted by daybyday12345 - 11 May 2015 04:17

Hello everyone ! it seems this is the way to introduce myself and interact to help me reach my 90 day goal .

ive been struggling with looking at inappropriate material since my teen years . ive definitely had times where ive been clean for 50 -60 days but im not sure ive ever gotten to a full 90 days . ive figured out recently where and when i have my struggles. i have filters on my phone and computer which bh has helped me alot alot to stay away from looking at inappropriate things. yet i still have terrible thoughts at times and end up doing other averios i shouldnt . the times that i figured out are harder for me are the weekends basically . thursday night , saturday night and sunday are extremely extremely hard for me . if i fail its usually then . i want to get to being clean for 90 days so badly. i know its not an overnight fix i know its a hourly daily weekly struggle . so im here . any help any chizuk any ideas are appreciated . thanks again to anyone who responds or who could be of help !

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Re: Well here where are

Posted by serenity - 15 Jun 2015 21:55

Thanks for your honesty. I know exactly how you feel. Today is a new day! And you're here! The fact that God brought you here today should be reason enough to get back on. He's right here with us and guiding us, if we let Him.

Hatzlacha!!!

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Re: Well here where are

Posted by cordnoy - 15 Jun 2015 22:23

How did you find readin' the handbook (as you said you will do it asap)?

Readin' help at all?

Anyway, it sounds like you have a good attitude, and that is crucial for recovery.

b'hatzlachah

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Re: Well here where are

Posted by gibbor120 - 16 Jun 2015 14:31

[daybyday12345 wrote:](#)

Thank you everyone and especially gibbor120 for your continued chizuk and support .

[daybyday12345 wrote:](#)

unfortunately after 34 days i had a fall last night . ruined my whole day today . bh im doing ok but can definitely use some good chizuk and help to get me right back on track

Thanks

I wish bards were here to say FELL SHMELL, KOT! DON'T LOOK BACK JUST FORWARD. THERE IS NO REVERSE ON THIS TRUCK - KOT! (I'm not the best bards imitator, boy I miss him). Really, just get up, dust yourself off and KOT, and NEVER EVER GIVE UP!

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