

Back & Aiming For 30 Days

Posted by Confucius - 08 Jul 2019 19:47

Hello there.

I am thankfully back after my initial posting here over two years ago.

Much failure in the discipline department since then:(

I am now dedicated to living a more spiritual, wholesome, and dare I say godly life!

How I will do that is the question.

My first step is to spend time on here seeking inspiration and perhaps ideas.

I hope to post more soon.

30 days of control is the goal right now.

Buckle up!

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Re: Back & Aiming For 30 Days

Posted by Gevura Shebyesod - 08 Jul 2019 19:58

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Re: Back & Aiming For 30 Days

Posted by Singularity - 09 Jul 2019 08:49

Welcome.

It's a good first step!

Much hatzlocha.

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Re: Back & Aiming For 30 Days
Posted by Dave M - 09 Jul 2019 13:14

Welcome back! Thanks for sharing your goals with us.

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Re: Back & Aiming For 30 Days
Posted by Confucius - 22 Sep 2019 23:55

Total fail. Back again. Starting with smaller goal this time. Two weeks with check-in every other day.

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Re: Back & Aiming For 30 Days
Posted by Gevura Shebyesod - 23 Sep 2019 00:00

Confucius say: "You have not failed until you have stopped trying".

Welcome back. Hatzlacha!

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Re: Back & Aiming For 30 Days
Posted by lampowerless - 23 Sep 2019 02:11

@confucius welcome onboard.

May i ask you what are you doing different this time around. If holding your breath and counting didn't work last time around why should it this time?

Love Your Friend Yankel

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Re: Back & Aiming For 30 Days
Posted by sleepy - 23 Sep 2019 06:32

[Gevura Shebyesod wrote on 23 Sep 2019 00:00:](#)

Confucius say: "You have not failed until you have stopped trying".

Welcome back. Hatzlacha!

he also say something about eating too many prunes...

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Re: Back & Aiming For 30 Days
Posted by ColinColin - 23 Sep 2019 20:18

Confucius

How about not setting a goal?

Just taking each day individually, and wanting to keep clean?

It is less pressure..and it will help you for the days when you are tempted.

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Re: Back & Aiming For 30 Days

Posted by Confucius - 23 Sep 2019 23:36

Ha.

I feel like I have gone to China and back with all my distractions from spirituality and trying to tread water in a grimy world.

Staying positive is a huge issue for my success in this area.

Trying to improve.

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Re: Back & Aiming For 30 Days

Posted by Confucius - 23 Sep 2019 23:36

Thank you!

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Re: Back & Aiming For 30 Days

Posted by Confucius - 23 Sep 2019 23:38

Thanks!

271 days... Hard to relate but certainly inspiration.

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Re: Back & Aiming For 30 Days

Posted by Confucius - 23 Sep 2019 23:40

Yes.

This is a good question and a concern.

?I am trying to start with a relatively smaller goal and to also hold myself accountable by posting here at least every other day.

I am unsure what else to do.

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Re: Back & Aiming For 30 Days

Posted by Confucius - 23 Sep 2019 23:44

Hello there,

I read your posts the other day. Was inspirational but also kind of sobering to see how this is truly a journey filled with failure and grind. Kind of exhausting to think about.

In terms of my situation, I think that setting specific goals is important for me.

Otherwise, it is tough to work toward something that is so open-ended.

Eventually, I would like to reach the goal of living a clean life and taking each day as it comes.

At the same time, I am single and therefore, I have to be realistic.

Let me know what you think.

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Re: Back & Aiming For 30 Days

Posted by David26fr - 24 Sep 2019 07:13

You could have two goals : one short term and very important goal to stay sober at this moment/day ; and one long term goal to stay sober for X days, but without pressure in this goal. If you reach it, this is cool (and why not a little reward at this time ?), if you don't reach it... ok let's try again.

Also, I think this is very important to have a written program with short term work and goals, long term work and goals, what to do in case of an urge, what to do after a fall to get up, and so on

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