

My thread

Posted by Zz613 - 16 May 2021 22:29

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Hi there to everyone.

I've been lurking out on this site for some time with a very nice streak I'm th beginning, the last few weks though have slipped into the constant in and out of falls.

So bezh I'm going to start again, and decided that I will post a thread Which will probably be a huge help, i hope in the coming days to write more, but it just wanted to take plunge now and get this started before I back out.

?So a gut yom tov to all, with wishes of being re mekabel the Torah each in our personal life and to take koach from this tov tov on our journey onward!!

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Re: My thread

Posted by Zz613 - 14 Jun 2021 03:06

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4 weeks BH!!

eyeing a month soon!!

Lots of feelings to write both of happiness of the past and hopes for the future (may the eibeshter give me kochos to see them realized), I don't have koach now but hopefully in the next few days.

Hatzlacha to all

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Re: My thread

Posted by Zedj - 14 Jun 2021 04:34

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Awesome on 4 weeks!

stay with us and with Hashems help you will be above and beyond 7 weeks!

Until then what has worked for me is the "one day at a time rule"

Much Hatzlocha!

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Re: My thread

Posted by Zz613 - 29 Jun 2021 14:40

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Bh doing wellHolding over six weeks!!

I assume you incorporated that already but if not then take it as a friendly reminder

Been busy a lot the time bh

I really gain from a lot from whats written on the forum and I try to work on things, so thanks to all those that write and share their thoughts and perspectives.

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Re: My thread

Posted by Zz613 - 01 Jul 2021 18:59

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So bh I'm been very busy the last few days.

So 2 days ago I had a experience that was very motivating and very fulfilling, and I'd like to share.

So I have a certain relative who is for me big nisayon, probably the biggest for me in recent years, whenever I know I'm going to be around her or see her somewhere I try to strengthen myself not look ect.

So 2 days ago on a family group there a picture in which she appeared, and I looked at it and moved on.

Only later that night in bed things from the day were going through my head and I realized that I bichlal didn't know or pay attention what clothes she was wearing, something which is normally a given with this person.

And it wasn't that I didn't stop to look at the picture, I actually paused and was thinking where is this and what's the occasion, so I stopped to contemplate the picture, but I didn't look at her as pretty thing to check out.

It's feels so good to see this change (albeit small, I still check out woman, or at least think in those terms) in my view of things.

Bezh with more work this will grow and grow

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Re: My thread

Posted by Zz613 - 09 Jul 2021 04:34

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Unfortunately this morning with over 50 days clean I fell

I See what happened and I plan to put things in place to stop me before I fall into the situation that was, and I plan to make this bezh just a temporary blip in the big picture, rather then and nosedive.

BH these days were wonderful, weeks in which alot of things happened in my life and I was able to be in a different place.

I am writing here to make it clear to myself that this must and can continue, and bezh I can look back in 2 weeks and see one long period of growth.

And I end off with a tefillah and bracha to all the others on the site for much hatzlacha in their struggles and lives

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