

I'll try to share some of my journey

Posted by trying23 - 03 Feb 2025 19:59

Today's Hayom Yom

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???, ????? ?? ????????? ??? ????? ?????, ????? ????? ?? ????? ??? ??? ?????? ????? ??? ?? ?????, ???
???? ????? ?? ??? ?????? ??????. One must recite words of Torah copiously, saying Tehillim or
verbally reviewing Mishna whenever and wherever possible, in order to bolster the existence of
Creation, to be saved from chibut hakever and kaf hakela, and to merit all the highest
revelations.

I'm not thinking about the kaf hakela after 120 but this can probably also help our day to day kaf
hakela when we go from being in the world of torah and being a good person to the complete
opposite extreme where we follow our eyes and thoughts.

Maybe later I'll post more about myself...

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Re: I'll try to share some of my journey

Posted by trying23 - 24 Apr 2025 04:07

Day 29

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Re: I'll try to share some of my journey

Posted by trying23 - 25 Apr 2025 04:04

Day 30

When I hit a significant number it always feels good bh, but I need to remeber not to let my
guard down because my last streak which wasn't too long ago I reached 40 and when I messed
that one up it took some time to get back up, now I'm at 30 and I plan to continue to grow

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Re: I'll try to share some of my journey
Posted by trying23 - 27 Apr 2025 04:04

Day 32

Going back to normal schedule this week which could mean more stress, on the other hand busier.

Going to keep fighting.

gut voch

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Re: I'll try to share some of my journey
Posted by trying23 - 28 Apr 2025 03:14

Today I found myself sitting on my device feeling pretty confident, (I still know in the back of my head that I have to be careful...) and testing my filter which is very good and doesn't let me go anywhere so I don't really have to be worried and I'm going to stop soon because I don't want to ruin my streak and I've been doing pretty well... to make the story short because I'm not really going to go into detail here, I didn't watch any p because as I said my filter works but I allowed my thoughts to wander too much and I spent too much time looking for my comfort, I also didn't end up m, but I feel really guilty and ashamed....

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Re: I'll try to share some of my journey
Posted by trying23 - 28 Apr 2025 11:56

Still feeling this way...

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Re: I'll try to share some of my journey
Posted by cleanmendy - 28 Apr 2025 13:57

There's a lot more to be proud of than to be ashamed about.

Yes, you weren't perfect, (who is??) but you are doing a lot better than 33 days ago! Like a lot lot lot better!! Your on the right track.

Keep it up my dear friend!!!

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Re: I'll try to share some of my journey
Posted by trying23 - 29 Apr 2025 03:57

Restarting my count.

I'm trying to keep in mind my last streak which wasn't only about not acting out but it was much more connecting with my wife and now i need to continue and build off that.

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Re: I'll try to share some of my journey
Posted by cleanmendy - 29 Apr 2025 16:55

[trying23 wrote on 29 Apr 2025 03:57:](#)

Restarting my count.

I'm trying to keep in mind my last streak which wasn't only about not acting out but it was much more connecting with my wife and now i need to continue and build off that.

Exactly right, the count is there to boost you. If it gets you down then we might be using it in the wrong way. Of course we want a big number next to our name, it feels good!

But the change in ourselves is an even better feeling.

Keep it up my dear friend!!!!!!!!!!

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Re: I'll try to share some of my journey
Posted by trying23 - 30 Apr 2025 03:31

Here we go again

Day 1

Bh at home things started improving as well and now i need to continue building and growing my relationship.

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Re: I'll try to share some of my journey
Posted by trying23 - 02 May 2025 03:14

Day 1

I used to think I was honest, but lately I'm learning how tough it is

Warning: Spoiler!

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Re: I'll try to share some of my journey
Posted by altehmirrerr - 06 May 2025 04:01

[trying23 wrote on 02 May 2025 03:14:](#)

Day 1

I used to think I was honest, but lately I'm learning how tough it is [spoiler][spoiler]

quite a honest statement if you ask me

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Re: I'll try to share some of my journey
Posted by trying23 - 29 May 2025 03:43

Hey, it's been a while since I posted here, now comes a update.

After my last fall I felt terrible and hopeless and helpless and much more, but I still needed to move on and I wasn't ready to post here again but I still came on and checked in daily, bh I'm now holding at day 25 and counting.

A point or 2 from my experiences.

I was back on track for about 10 days and was having a really great conversation with my wife (which is keeping very close tabs on my progress) and as happens the wrong thing was said and although I knew she was right and I shouldn't dwell on it but I was hurt... so I was slowly falling into despair but then (with some coaxing from my wife) I decided to focus on the

beginning of that convo and how enjoyable it was and how I can just snap out of it and that's what I did.

Since then I've been trying to remind myself that I can stay in a good mood and I can control myself.

Hatzlocho to everyone else in whatever part of the journey they are holding.

Wishing everyone ??? ??? ??? ????? ????? ???????????

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Re: I'll try to share some of my journey
Posted by trying23 - 06 Jun 2025 03:38

Holding at 33 days and that's pretty impressive for me, trick is that it usually starts getting hard at this point.

started feeling triggered yesterday and had a bit of a slip this morning but reached out to a few chevra afterwards which in the past only happened after a fall and now it's before.

Will update iyh after shabbos but right now i am focusing on getting thru erev shabbos.

Hatzlocho to me and everyone else

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Re: I'll try to share some of my journey
Posted by amevakesh - 06 Jun 2025 12:41

[trying23 wrote on 06 Jun 2025 03:38:](#)

Started feeling triggered yesterday and had a bit of a slip this morning but reached out to a few chevra afterwards which in the past only happened **after** a fall and now it's **before**.

In my books, this progress itself is a huge victory.

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