

90 Day Goal

Posted by hashemisonmyside - 01 May 2025 21:43

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Hello GYE family,

At this point I'm not ready yet (Hopefully one day i will) to share my full story but BH i have HHM holding on my hands on a daily basis which gives me tremendous Chizuk and Koach to be where i am, today 72 which is a special # Chesed, these days are special to be counting as that's the purpose of Sefirah which Klal Yisroel did back then when they went out of Mitzrayim.

I will try to write something every so often to get and hopefully give Chizuk to others as well.

I wanna write a small millstone that i had this week, i would rather not go into the details, but it was something that i saw that back in the days that would be a trigger to a fall and an urge, BH with Hashems help it didn't take me into any mess and i was BH able to on with my schedule which wouldn't be the case in my past.

let me finish with what we say every day now

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and Hashem should help that we should Bekurev be Zoche to ??????????, ?????? ?????????? ??????  
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Today also the Yurtzeit of R' Shaya Ben R' Moshe, which although he was a Kudoish V'thoir he understood to the simple problems of the Pusheta Yidden should he continue in Heaven to give us the Koches that we all need as he said that they should make a window in his Ohel because he stays here for us, so ?????? ?????? ??? ?????? ??? ?? ??????

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Re: 90 Day Goal

Posted by hashemisonmyside - 07 May 2025 20:31

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Today I'm BH at day 78, hope to reach my 90 day Goal which is a great Kabulah to Shvuas.

everyone should learn the Ohr Hachaim this week which could be a huge Chizuk for anyone that has Nisyonos....

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Re: 90 Day Goal

Posted by hashemisonmyside - 19 May 2025 18:22

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Today is the day, I b"h reached the 90 day goal. i hope to reach this goal over and over again, hopefully every time it would easier

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Re: 90 Day Goal

Posted by yesoidshebiyisoid - 19 May 2025 20:22

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That's great to hear! Do you mind sharing which methods were most helpful for you to reach this milesmilestone?

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Re: 90 Day Goal

Posted by hashemisonmyside - 19 May 2025 20:57

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It's not the first time i reach a goal, but what makes it different this time is that i have a mentor and full accountability. i actually got caught by my wife not for the first time, but in the past i would go for therapy which i didn't feel was working for me vs now with full accountability with a mentor and i check in with an erlicha yid as well has much stronger results

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Re: 90 Day Goal

Posted by colincolin - 19 May 2025 22:02

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Keep going.

You are doing well.

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Re: 90 Day Goal

Posted by hashemisonmyside - 27 May 2025 17:48

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Chevra,

Just checking in here, **day 98 today**, can't believe, never thought that i will get here, definitely a big mountain but getting really high up there....

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Re: 90 Day Goal

Posted by proudyungerman - 27 May 2025 22:50

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Amazing!

KOMT!!

And don't forget about the oilam here, stick around and help others, too!

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Re: 90 Day Goal

Posted by hashemisonmyside - 05 Jun 2025 18:36

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GYE Family,

B'H up to "**Day 107**" which is huge, really hoping and praying to Hashem that this should forever....

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Re: 90 Day Goal

Posted by hashemisonmyside - 18 Jun 2025 16:13

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B"H today is "**Day 120**" which is a major millstone, which i should celebrate, but been extremely down because of my Sholom Beis which the last days has been very rocky, anyone that has tips and chisuk in that area i would appreciate it

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Re: 90 Day Goal

Posted by BenHashemBH - 18 Jun 2025 16:20

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[hashemisonmyside wrote on 18 Jun 2025 16:13:](#)

B"H today is "**Day 120**" which is a major millstone, which i should celebrate, but been extremely down because of my Sholom Beis which the last days has been very rocky, anyone that has tips and chisuk in that area i would appreciate it

Shalom Brother,

120 is ????!

Sorry to hear about your shalom bayis being a challenge recently. Do you want to share a bit about what's going on? You could communicate privately with a mentor if you'd rather not post it on the forum.

(Here's a rip of PY's list: HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at [michelgelner@gmail.com](mailto:michelgelner@gmail.com).

Some of the other great guys here are Eerie - [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com), Muttel  
- [muttel15@gmail.com](mailto:muttel15@gmail.com), Reb Akiva - [mevakesh247@gmail.com](mailto:mevakesh247@gmail.com) iwantlife  
- [iwantlifegye@proton.me](mailto:iwantlifegye@proton.me) minhamayim - [minhamayim1@gmail.com](mailto:minhamayim1@gmail.com) amevakesh  
- [amevakesh23@gmail.com](mailto:amevakesh23@gmail.com) )

Hatzlacha and Kol Tov

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Re: 90 Day Goal

Posted by lamaazavtuni - 19 Jun 2025 00:28

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I have tips to make lack of shalom bayis ...

that's my area of expertise.

But not sure thats what you want.

Hazlacha rabah brother !!!

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Re: 90 Day Goal

Posted by hashemisonmyside - 01 Jul 2025 21:33

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Day **133** today, when i started i never in my wildest dream thought that i would reach 30, 60, or 90 days but i guess you can't underestimate yourself like the "???? ??" "???? ?? ??? ?????? ?? ??? ?????? ?????? ??? ??? ?????? ?? ?????", one the seforim says that it has to be like a needle that it hurts... have to admit that there are days that are really rough with all kind of stress which would lead to act out but as you get more into habit it becomes a lot easier to fight these triggers... i also have to admit that GYE family is a big part of my success and am sure that many others can attest to that as well. i have tried in the past with many other tools to go clean but it didn't work i guess you need the passion and love from this incredible family. i wanna finish off by saying that fight is far from over like its says in "???" "?? ?????? ?????? ?? ??? ??????" but as it gets into habit it for sure gets easier...

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