

I'm SO happy

Posted by Nomore1 - 04 May 2022 01:21

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Hi guys. First month without all that Bad things...

I've been once 250 days without ir, but I think this month it's too special, because I wasn't scared of struggling again. I call a guy of gye once who I talked about my things , and i think I'll continue calling him if I need. Someone may say "well, it's the first month only" , but it's a start, My first steps into Freedom.

and I'm So happy of Sharing my joy with you, guys.

What more worked for me? Focus in something else, when a girl gets into the bus, see the cars through the Window. Instead of being at The PC when you're bored, try going out for some exercise, walking, fresh air, etc. And a little dose of torah daily , even 5 minutes it's ok. But something everyday.

Good luck guys

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Re: I'm SO happy

Posted by Ybird - 04 May 2022 15:02

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hey buddy no more:

I think you have got a really great approach, rather try thinking of something else rather than trying not to think of the pink elephant in the room,

welcome to the life of freedom, make yourself comfortable lets enjoy the journey together,

Yep the feeling after you won another clean day is enjoyable

#chip-chip-chip

ybird

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Re: I'm SO happy

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Posted by Nomore1 - 08 May 2022 04:31

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Thank You bro

Sure. Great work u too

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