

a bad fall when unexpected
Posted by whitepaint - 29 Jun 2022 00:04

i had a good streak going and i was feeling good but then i had a oppirtunity for p and at first i didnt take it but then i took that oppertunity and when i had this unfiltered device i was stopping myself but slowly but surly i fell into p Help

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Re: a bad fall when unexpected
Posted by committed_togrowth - 29 Jun 2022 00:26

Hi there,

First, the most important thing is responding appropriately to your fall. To understand that you are not back at square one, and that it is normal to have bumps in the road. To imprecisely quote Hashem Help Me, another GYE member, "you've been climbing a mountain for a while and BH you have made it a good way up. If you stumble, just take a second, pause and appreciate the view from how high up you've come. Then keep climbing. There's no reason to throw yourself tumbling back down the mountain just because you stumbled." Can you give us a bit more background on yourself and your growth in this area so far?

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