

My days (even more then 90)

Posted by needtoquit - 10 Jan 2013 09:02

I have been working on the Wall of Honor for 6 months now. On my first try I reached 90 days, but then over Succos I fell (hard as is always the case) a number of times. I have since been trying to regain my ground but been having a hard time. I made it to 5 weeks again and then about a month ago I fell again and have been staggering around since. See [here](#) for more of my story.

I have finally started up again strong at the very end of December and am now on day 17. One idea which I saw and liked was the \$90 for 90 days. So I am doing it with a twist. If I don't finish the 90 days I will give a dollar for each day which I stayed clean to a "tzedaka" which I really don't support. (It is a valid tzedaka just one whose mission I disagree with.) I have been starting to have a hard time the last few days and thought that posting was in order. So, I decided to make a real log of my journey. But not just 90 days clean but Biezas Hashem for many more.

Thanks for reading and Hatzlacha to you all.

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Re: My days (even more then 90)

Posted by shivisi - 13 Jun 2014 05:34

TODAY WAS DAY 120 THAT HASHEM HELPED ME STAY CLEAN! [120 x 1 DAY AT A TIME!!]

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Re: My days (even more then 90)

Posted by dd - 13 Jun 2014 10:17

kol hakoved!!!!

may hashem help this 120 should continue till 120!!amen!!

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Re: My days (even more then 90)
Posted by Pidaini - 13 Jun 2014 15:47

Gevaldig!!!

KUTGW!!! And KOP!!!

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Re: My days (even more then 90)
Posted by dms1234 - 13 Jun 2014 19:37

I love the equation: 120×1 !!! One day at a time!

KOL!!!!

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Re: My days (even more then 90)
Posted by shivisi - 15 Jun 2014 11:18

[dms1234 wrote:](#)

I love the equation: 120×1 !!! One day at a time!

KOL!!!!

GYE - Guard Your Eyes

Generated: 26 July, 2025, 08:01

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It's not as great as (DMS) **1234 X 1 day at a time!**

Re: My days (even more then 90)

Posted by needtoquit - 16 Jun 2014 18:23

Shivisi, Mazel Tov!

So, after another solid streak of 36 days, I acted out this morning. I was stressed, exhausted, woke up late, and as always wanted to lust. I opened some erotic literature and before I got through a few lines, it was all over. It was a complete waste, I hardly even felt 10 seconds of enjoyment.

Now here I am sitting, wanting to lust again.

Hatzlacha,

NeedToQuit

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Re: My days (even more then 90)

Posted by lavi - 16 Jun 2014 20:06

dear need to quit

i really feel bad for you. and i'm not even gonna offer advice although there are excellent things on this site. i just want you to know that thinking about you and davening for you.

lavi

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Re: My days (even more then 90)

Posted by dms1234 - 16 Jun 2014 20:59

WOW!!!!!!!!!!!!!!!!!!!!

36 DAYS!!!! Thats double chai! That is incredible! You really should feel proud. Thats over a month of being clean!

Dust off, pick yourself up and keep going from where you were!

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Re: My days (even more then 90)
Posted by shivisi - 17 Jun 2014 14:06

In sources of Kabbalah, the number 36 has great significance!

It refers to the level reached both by "lamed vov" Tzadikim nistorim, and equally to the level of **true Balei Teshuva**. This is alluded to in the possuk "LU Yishmael yichye lifanecha", the word "LU" has the gematria of 36.

When Avraham Aveenu, was told by Hashem of the upcoming birth of Yitzchock, He said to Hashem "LU Yishmael yichye lifanecha". When Yishmael will do teshuva (as it was to be*), he will reach the level of "lamed vav" [as in the saying "bemokom shebalei teshuva omdim ain tzadikim yecholim laamod, which refers to tzadikim who have not reached the level of lamed vav]. Avrohom was ready to be satisfied with Yishmael on the level of lamed vov even without Yitzchok being born.

*see Rashi on ?????? ??,?

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The great Tana R' Yishmael Kohen Gadol, who according to the sifrei kabala had the neshama of Yishmael ben Avrohom aveenu, reached the highest level of being able ascend and enter the Heicholos Haelyonim and to consult with the "levush Habadim" to verify the status of the gezaira against the asara harugei malchus.

This came from the koach of the words of Avrohom LU Yishmael Yichye Lifanecha.

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Re: My days (even more then 90)
Posted by needtoquit - 17 Jun 2014 17:14

Thank you for the encouraging words but I'm not really feeling it. I acted out 3 times yesterday and now I'm about to do it again. No shouting please. The only thing that would help is for me to remember why I need to quit. But I'm not feeling how bad it is when I'm drunk and how good it is when I'm sober. I could read some of my old posts but I really don't want to.

NeedToQuit

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Re: My days (even more then 90)
Posted by dms1234 - 17 Jun 2014 22:20

How about reaching out to the chevra here? You can use the chat bar below! That has been indispensable for me.

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Re: My days (even more then 90)
Posted by cordnoy - 28 Sep 2014 17:04

Mr. N2Q,

A gut yar to you,

How is it goin'?

What's the plan for this year?

How can we be of assistance?

We look forward to your postin' once again.

b'hatzlachah

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Re: My days (even more then 90)

Posted by needtoquit - 28 Feb 2016 22:41

I just wanted to check in here to let anyone who cares, know that I am alive.

I also, wanted to share that a lot has happened since I last posted. After a few more months of acting out, being depressed, but not haven't the courage to do what I needed to, I finally joined a (live) SA group & I have now been sober 1 year!

I don't know if it is for everyone, but for me SA has saved my life. I have no doubt that I couldn't have done this on my own. I know, because as this forum testifies, I tried on my own and wasn't successful. I can never thank G-d enough for bringing about this miracle but I can only hope to do my best to help anyone who like me needs help.

Either way, I wish each of you the best in your personal journey and if I can ever be of help, please let me know.

Hatzlacha & G-d bless,

NeedToQuit

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Re: My days (even more then 90)

Posted by markz - 28 Feb 2016 23:07

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G!!!!!!

Please please please would you keep us posted more often like every 3 months....

May your Truck be blessed!!

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