

On the way up - my 90-Days journey begins now

Posted by abe68 - 11 Oct 2013 17:41

Hi everyone,

Yesterday, after many falls and problems i decided to sign up on GYE 90-Day program.

Today, i got up as a new man, feeling that i did the right think to just begin the long climb to the 90-Days of *kedushe* and *tehare*.

Please help me climb this endless looking long ladder.

Thank you all,

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Re: On the way up - my 90-Days journey begins now

Posted by dmm11219 - 11 Oct 2013 19:08

you will iy"n be matzliach

look forward

a day at a time

then we will good

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Re: On the way up - my 90-Days journey begins now

Posted by abe68 - 11 Oct 2013 19:57

Only with *Hashems* help I will *iyh* succeed.

It feels much more safer, much more sure that you are doing what you are suppose to do. help me *hashem* keep the freshness of a first day trying throughout my life-long journey of being a *holy yidele*, and thank you GYE for being the good missionaries to bring me back my life very soon.

Gut Shabbos

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Re: On the way up - my 90-Days journey begins now
Posted by MBJ - 12 Oct 2013 21:26

Welcome to GYE may you have much success on your upcoming journey. The real question now is what is your plan to succeed this time besides signing up for the 90 day challenge?

Good Luck

Eli

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Re: On the way up - my 90-Days journey begins now
Posted by Pidaini - 13 Oct 2013 03:07

Welcome to the clan!!

Ditto to MBJ, what's the plan? just keeping track never helped me.

Hatzlacha Rabbah!

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Re: On the way up - my 90-Days journey begins now
Posted by abe68 - 13 Oct 2013 20:01

I don't have a real plan, my real plan is only in the hand of *HKBH*, because i already planned and planned but failed.

I hope to get involved with the 12 step program, maybe still today, i need the time to read through everything and know what it is.

BH another day and another clean day!

BTW, *Chizuck* on this forum is one of my plans to keep me going iy"h.

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Re: On the way up - my 90-Days journey begins now
Posted by cordnoy - 13 Oct 2013 20:03

concentrate on the moment; not on the 90

b'hatzlachah

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Re: On the way up - my 90-Days journey begins now
Posted by ddmm11219 - 13 Oct 2013 20:06

Will copy what i wrote in another forum to some1 who just passed 50 days, and will write it to u:

WOW

ur so lucky and thank you for helping me,

??? ????? ??, ????? ?? ????? ?? ?? ????? ?? ?? ????? ????? ?? ?????

Thank you for bringing the whole world more to Kaf Zchus, that brings a Ruach Taharah for all of us, Talmidei Baal Shem zy"u are bringing this point, that when someone feel that Mitzvos are easier, and easier to be Misgaber on the YH its because epes a holy yid was zich misgaber today and this helped the whole world.

so thanks from me -and from all of us, if i may say-

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Re: On the way up - my 90-Days journey begins now
Posted by abe68 - 13 Oct 2013 20:31

[cordnoy wrote:](#)

concentrate on the moment; not on the 90

b'hatzlachah

That is very true!

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Re: On the way up - my 90-Days journey begins now
Posted by MBJ - 13 Oct 2013 22:32

Try the handbook. That has some really good ideas that helped me get started.

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Re: On the way up - my 90-Days journey begins now
Posted by Pidaini - 13 Oct 2013 22:44

OK, Start your engines and KOT (keep on trucking)!!!!!!

just one thing I had learned, Chizzuk means strengthen, and that is great when I actually *want* to hold myself back from acting out. But at times when the urge is strong I just can't think straight, and my thinking actually tells me that I **do** want to act out. It's for those times that I really need help, and chizzuk won't do the trick.

Hatzlacha with whatever you do!

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Re: On the way up - my 90-Days journey begins now
Posted by abe68 - 14 Oct 2013 20:46

One day at a time!

Today is day number 4.

I hope to be a proud servant of *hashem* who created the world through 4 worlds, ?????, ?????, ?????, ?????.

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Re: On the way up - my 90-Days journey begins now
Posted by abe68 - 15 Oct 2013 15:45

One day at a time!!!

I am proud of myself and ask Hashem to continue helping me with day number 5.

5 volumes of the Torah learn us how to be close to Hashem. Being clean and holy helps a Yid being close all the time.

Uno Hashem Hushiu Nu

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Re: On the way up - my 90-Days journey begins now
Posted by abe68 - 16 Oct 2013 18:43

One day at a time!!!

Day number 6!

Yesod is the sixth midu, i hope to be pure in this case, i wish to be a tzadik yesod oileom.

Who could imagine that I will have 6 clean days!

One day at a time!

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Re: On the way up - my 90-Days journey begins now
Posted by abe68 - 16 Oct 2013 22:30

My new partner and chaver ddm11219 advised me to avoid looking at ladies, i had 2 times

today that i went into a office where i was suppose to deal with a woman who used to turn me on like crazy. I was there 2 times, i dealt with her and I didn't even looked at her. I made it sound natural, and even if she chaped I am not looking at her, so what? I am not suppose to look.

I am proud of this hisgabres, I beg hashem for more on my road to a full recovery.

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