

Day 20.

Posted by R76 - 21 Oct 2013 03:58

Not that hard. I hope I can keep motivation.

The main obstacles are loneliness and depression.

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Re: Day 20.

Posted by R76 - 04 Dec 2013 07:51

Day 63. I hope I can keep up.

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Re: Day 20.

Posted by cordnoy - 04 Dec 2013 15:45

Guard....3 out of his last 5 posts have mentioned 'hope.'

We don't hope around here.

Hope is replaced with actions.

It does seem, however, that whatever it is that you are doing is working, so keep at it brother.

Barcu Hashem!!

b'hatzlachah

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Re: Day 20.

Posted by R76 - 17 Dec 2013 03:03

Day 76. I do not know how long can my determination last.

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Re: Day 20.

Posted by ddm11219 - 17 Dec 2013 03:06

wow wow wow

let it last a day at a time

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Re: Day 20.

Posted by Gevura Shebyesod - 17 Dec 2013 03:07

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Re: Day 20.

Posted by R76 - 17 Dec 2013 03:10

[ddm11219 wrote:](#)

wow wow wow

let it last a day at a time

Fortunately at 37 my drive is not as strong as it was at 20.

Also licorice tablets + Valerian seem to work.

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Re: Day 20.

Posted by R76 - 29 Dec 2013 04:09

Day 88. I hope I can stay motivated.

I will try to obtain Henna, Ignatia D6, Conium D^.

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Re: Day 20.

Posted by Gevura Shebyesod - 29 Dec 2013 06:50

WOW KUTGW!

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Re: Day 20.

Posted by R76 - 29 Dec 2013 08:48

Thanks. I still have very many problems and moderately severe depression and Asperger's Syndrome. Are there any Jewish forums dealing with personal issues in general?

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Re: Day 20.

Posted by R76 - 31 Dec 2013 09:06

Day 90. Nothing to celebrate -- I have lots of sexual thoughts and sexual dreams.

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Re: Day 20.

Posted by R76 - 06 Jan 2014 10:04

Day 95. Yochanan the High Priest served in that office for 80 years and at the end of his life became a Sadducee [Brochos 29a].

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Re: Day 20.

Posted by R76 - 28 Jan 2014 01:51

Day 117. I hope to stay away from my addiction at least until I see my therapist. He is also an Orthodox Jew and he can advice me on some medicine to further reduce my drive.

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Re: Day 20.

Posted by R76 - 02 Feb 2014 04:22

Day 120 -- Started reading "The Light of Ephraim."

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Re: Day 20.

Posted by R76 - 09 Feb 2014 09:18

Day 128.

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