

Reporting. I did what I should not
Posted by Apariencia - 27 Oct 2013 19:31

Hello Friends!

I just need to tell you that a while ago

I started acting.

I thought Hashem and asked for help with my
mind,

I remembered my inability to stop,

Hashem knew that it could stop.

I thought about the pain after a fall.

I thought it meant the fact re-

start counting the days to break the habit.

I remembered what I wrote not to be tested

and "check" "the resistance up as I can

stand unfinished. Let this not be done.

I tell you all this, not because I want to, but

because

I must, I need out of anonymity and

loneliness and get in touch with you.

I was imagining things I should not think.

Baruch Hashem, I was not beyond.

I come to you by Jizuk and to give me their
comments.

Thank you!

appearance

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Re: Reporting. I did what I should not
Posted by cordnoy - 27 Oct 2013 19:48

stay in touch

it should be b'hatzlachah

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Re: Reporting. I did what I should not
Posted by Apariencia - 27 Oct 2013 20:35

To late!

Recently I fall!

I cant to be clean more of 30 40 days.

What I can to do?

I am chaos.

For a one fall I have to start from the beigin.

I tired. I don't can to get it!

I can't!

I think I never get the 90! NEVER

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Re: Reporting. I did what I should not
Posted by cordnoy - 27 Oct 2013 20:43

i told you a few times in chat

forget about 90!

its not important

the only number which is significant is the number 1

today is what counts

this moment

now

and now

and now again

don't worry about the future

dust yourself off and focus on now

b'hatzlachah

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Re: Reporting. I did what I should not
Posted by Gevura Shebyesod - 27 Oct 2013 20:43

Hi Apariencia,

So you fell, but look at how you tried and held out until then. And look at all the clean days you've accumulated. You don't have to start over, you just need to pick yourself up and continue. Every "streak" however long adds up. One day at a time. 90 is not a destination, it's just a milestone. And it will get easier. Don't give up.

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Re: Reporting. I did what I should not
Posted by Apariencia - 30 Oct 2013 09:07

Thanks for your support, Bh I feel fine now.

I think I need more action for myself.

Maybe re-read the handbook, to be in contact with others. Really I have to feel that I can't control myself....

That I am not the director of the show...

"simple but not easy"...

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Re: Reporting. I did what I should not
Posted by letmelive - 30 Oct 2013 09:21

wow that was really courageous of you to admit that on this forum. I'm still really new at most of this, but from my own experience there is usually something you can salvage from a fall try to understand what made you slip and try to close that gap this way your fall brought about a positive change. it makes me feel better. and as for reaching 90 days, this past Yom Kipur I davened to hashem and I didn't promise that I won't fall I didn't promise I'll make to 90 days I promised that no matter how many times I fell I was going to stand up again and than I told hashem that he could stop making me fall because it's not going to change a thing I will always get back up

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Re: Reporting. I did what I should not
Posted by cordnoy - 09 Dec 2014 19:25

And how are you fellows doin' now?

Please tell.

Thanks

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Re: Reporting. I did what I should not
Posted by joeygye13 - 14 Dec 2014 06:40

Hi guys. I'm havin a hat time with discipline and success. I feel like there is this thing In me that makes me fall every time I start succeeding a little. It crushes meeeeeee...

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Re: Reporting. I did what I should not
Posted by shomer bro - 14 Dec 2014 07:52

I find that it helps to take each day by itself and to see success with each particular nisayon. Where do you see a lack of discipline? Why do you think your falls are linked to your wins? What methods are you using to achieve success?

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