

Focus and Growth - My Three-Moon Journey

Posted by Fowth - 22 Feb 2015 08:06

This is really written as a Diary - I couldn't figure out how else to record battles and thoughts here. My situation mandates that I my name will fall off of the chart every two weeks - I'm in yeshiva and don't have access to the internet at all for weeks at a time - during which time I don't have to worry about these problems.

But, alas, there are off-shabbosim and there are bein hazmanim. I've still never made it for three months. Something always gets to me. So now, with the help of the different tools on GYE, plus a dedicated Journal that is more than just a password protected word-document I will hopefully pass through 90 days and more.

I am kind of unclear as to how the 90 days thing would work for me - being as it doesn't come up too often - only bein hazmanim and off-shabbosim or special occasions. However, since before I shipped out to Yeshiva it definitely reached a level of somewhat addiction, I believe that I should treat the issue with the 90 day plus system.

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