

getting nervous you will start to fall. Don'y worry. As long as you place your feet exactly where they need to go and you don't get too comfortable you will be able to continue.

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Re: started 90 days as a prepararion of lag beomer!
Posted by yiraishamaim - 02 Mar 2015 22:45

You know I never understood that ma'amar before

How truly wise? How beautiful? It was worth roaming the forum just for that!

Thank You reallygettingthere

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Re: started 90 days as a prepararion of lag beomer!
Posted by reallygettingthere - 03 Mar 2015 05:48

thanks.

It's a somewhat modified version of a p'shat I heard from R' Avrohom Schorr

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Re: started 90 days as a prepararion of lag beomer!
Posted by lomed - 03 Mar 2015 22:19

thanks for all your comments.

last night I had a strong urge to 'act out' (as its called here at GYE, but bs"d I told myself to keep

it strong and I thank hashem for helping me in this challenge. I distracted by listening to something till I fell asleep.

so I will take it further be"h day by day.

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Re: started 90 days as a prepararion of lag beomer!

Posted by serenity - 04 Mar 2015 04:08

After you overcome the urge to act out, does it make you feel stronger? Does it make you feel happy?

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Re: started 90 days as a prepararion of lag beomer!

Posted by cordnoy - 04 Mar 2015 04:23

"what doesn't kill you makes you stronger."

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Re: started 90 days as a prepararion of lag beomer!

Posted by lomed - 09 Mar 2015 20:38

Hi Chaveirim!

just keeping you all posted. B"h purim went through very smooth. I am today at day 12. chasdei hashem for that. I am mitpalel for many more clean days. As of now taking day at a time.

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Re: started 90 days as a prepararion of lag beomer!

Posted by lomed - 17 Mar 2015 20:23

B"H at day 20!

things are moving pretty well. bechasdei hashem it is not getting harder.

want to share 2 things.

1. Friday night while singing sholem Aleichem, thought about what chaza"l tell about the 2 angels that walk home every Jew. how if everything is found clean they will bless that the coming week should be the same, then if god forbid it is not clean then the adverse will happen. after clicking a few times last week the 'YES I AM STILL CLEAN' button, I thought as telling the angels, yes I am still clean and receive their blessing that next week should be the same. I felt very good receiving their blessing!

2. yesterday I had a hard day. I was in a state of almost acting out. I spoke to hashem that I know that the only reason I am clean for the last 19 days was because hashem wanted so. I thanked him for that. I said I will accept his decree if I act out, because that's what he wants. whatever happens I am in your hands. I don't know why but things calmed down, and bechasdei hashem I am still clean.

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Re: started 90 days as a prepararion of lag beomer!
Posted by TalmidChaim - 18 Mar 2015 00:49

Keep up the great work! You're an inspiration, and your clean days reverberate with more than your own sobriety! Every time we read that you've remained clean you inspire us to do the same.

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Re: started 90 days as a prepararion of lag beomer!
Posted by serenity - 22 Mar 2015 02:07

Great work! Keep on sharing. We all only have one day!

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Re: started 90 days as a prepararion of lag beomer!
Posted by lomed - 01 Apr 2015 14:43

B"H I am at day 35. things are mostly the same. when started didn't think much how far I will go with this project, just too one day at a time. I thank Hashem for giving me the courage to start this journey and for giving me the strength to keep it for 35 days. I pray that he will help move forward and stay 'clean for many more days. things are mostly in the same range not getting to hard on me for know, just need to stay strong on the decision to keep clean further.

However I have gotten some satisfaction when I clicked on the computer the button that I am clean. over pesach I don't plan to have access to a computer. S I wont be able to update my chart. that may have a negative impact on me, as I wont get the chizuk from being here. but I hope to stay clean today, and hope to stay on track till after yom tov, on a daily basis.

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Re: started 90 days as a prepararion of lag beomer!
Posted by gye1962 - 01 Apr 2015 14:56

HI lomed

Thank you for posting on my forum

Hope you make it Bezrat H to 90 days and the the rest of your life

Jag sameaj and thankyou for your support.

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Re: started 90 days as a prepararion of lag beomer!
Posted by lomed - 12 Apr 2015 20:44

Hi all!

BH at day 46. Had a beautiful Yom Tov. Mostly went smooth, with some tougher moments. I thank Hashem for starting the 90 day chart. It was worth for the 46 days that I am up to. I hope to be clean today and many more days, stepping forward one day at a time.

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