

Chizuk

Posted by TriggerMeNot88 - 27 Mar 2015 03:22

Started the 90 day run 12 days ago. I was wondering about how il feel if I make it. Then I started wondering about HOW il make it! Then I saw this sign hanging and it gave me tremendous chizuk, it read " Good morning! This is Hashem speaking. I will be taking care of your problems today, and I don't need your help. So you just sit back and relax." And then I knew how il do it.....

=====
=====

Re: Chizuk

Posted by serenity - 14 Jun 2015 04:33

=====
=====

Re: Chizuk

Posted by Gevura Shebyesod - 14 Jun 2015 04:58

=====
=====

Re: Chizuk

Posted by yiraishamaim - 14 Jun 2015 06:00

[TriggerMeNot88](#) wrote:

My feelings on reaching 90(haven't gone this long since I married, I think)

I feel strong, for I have conquered my wants until now.

I feel content and honored, for I have my wife and children.

I feel empowered, for I have acquired the tools I need to live a truly torah'dik(sane) life, and learning how to use them more every day.

And yet I am nothing for I have begun to have no will.....

Feels friggin awesome!!!!

Just thrilled for you!

Your success and the description you posted is a real motivator.

=====
=====

Re: Chizuk

Posted by TriggerMeNot88 - 25 Jun 2015 03:37

My wife is assur for the first time in over a year so it's been a lil rough. Have to white knuckle it. Had a real scare this past shabbos. Went to sleep right after I ate. Which was mistake. Woke up holding by a place I haven't been in over 3 months, I got so scared.... But B"H I jumped out of bed just in time. My heart was literally racing.

I'm ok now, started running a lot, it really helps.

=====
=====

Re: Chizuk

Posted by yiraishamaim - 25 Jun 2015 10:21

TMN88

you are doing so wonderfully well

102 days - it takes a while just to count that high

KEEP SHTARK!

=====
=====

Re: Chizuk
Posted by serenity - 25 Jun 2015 13:20

Thanks for your share.

=====
=====

Re: Chizuk
Posted by TriggerMeNot88 - 02 Jul 2015 00:27

I need some advice.

My neighbor who is a friend of mine lives upstairs and his bedroom is right on top of mine. It's not unusual for noise to make its way into our room. And this can really trigger me and makes my night a lil rough. He's the type that if I tell him straight out hel get really embarrassed. Any ideas on how to go about it?

=====
=====

Re: Chizuk
Posted by gibbor120 - 06 Jul 2015 14:00

Noise machine, fan, air conditioner... talk loudly so he can hear you, maybe he'll put 2 and 2 together and realize you can hear him too. I don't know. Good question.

=====
=====

Re: Chizuk

Posted by serenity - 06 Jul 2015 16:02

You can say, is there anyway you can put carpet with padding in the room above ours, sometimes we can hear you walking at night and it disturbs the baby

You can get the ceiling sound proofed but that's expensive

=====
=====

Re: Chizuk

Posted by TriggerMeNot88 - 07 Jul 2015 02:08

I will try some of those ideas. Thanks.

=====
=====

Re: Chizuk

Posted by TriggerMeNot88 - 23 Jul 2015 03:11

just signed on, on my computer for the first time since i signd up in march. (until now it was on my ipod touch) and just saw everyones chat messages they tried starting with me.....sorry everyone, i never saw your messages until now. the chat doesnt work on an ipod touch i guess.

=====
=====

Re: Chizuk

Posted by Fightingaddictionnow - 29 Jul 2015 20:45

MAZEL TOV!

I can't tell you how much this thread means to me. Because even though I know its a struggle

and everyone is just being honest, until now it's been a little depressing with everyone saying its not so simple you need to be constantly aware (which of course is true) but now I see you have done it with such conviction I'm determined to do this too. Im clean since Shabbos.

Thank you!!

=====
=====

Re: Chizuk

Posted by serenity - 29 Jul 2015 23:47

=====
=====

Re: Chizuk

Posted by Dov - 12 Aug 2015 00:44

[TriggerMeNot88](#) wrote:

My feelings on reaching 90(haven't gone this long since I married, I think)

I feel strong, for I have conquered my wants until now.

I feel content and honored, for I have my wife and children.
I need to be constantly unaware

I feel empowered, for I have acquired the tools I need to live a truly torah'dik(sane) life, and learning how to use them more every day.

And yet I am nothing for I have begun to have no will.....

Feels friggin awesome!!!!!!

That was a great post 2 months ago.

How are things today, chaver?

=====
=====