

My journey to become a HeiligerYid!  
Posted by heiligeryid - 23 Dec 2015 23:44

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Hi!

I started my 90 days chart more than a month ago, then after being 30 days clean i fell again. As of now i undertook a new journey, reaching my 8th day b"h. Hope to keep going with the support of my new friends at GYE!

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Re: My journey to become a HeiligerYid!  
Posted by iwant2begood - 29 Dec 2015 19:35

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Thnx for the explanation hope to use it when it gets hard

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Re: My journey to become a HeiligerYid!  
Posted by take it easy - 29 Dec 2015 20:02

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Thank you so much for the tips

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Re: My journey to become a HeiligerYid!  
Posted by iwant2begood - 30 Dec 2015 18:05

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How is day 15 coming along??! I'm trailing behind good luck

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Re: My journey to become a HeiligerYid!  
Posted by heiligeryid - 30 Dec 2015 20:43

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So far so good b"h.

I don't feel an urge to see bad stuff, praying that it should stay this way.

How is your journey?

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Re: My journey to become a HeiligerYid!  
Posted by iwant2begood - 30 Dec 2015 21:22

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Bh pretty good up to day 14 just got a sponsor the past 2 days were pretty hard but I managed .  
keep on going strong good luck!

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Re: My journey to become a HeiligerYid!  
Posted by heiligeryid - 04 Jan 2016 03:46

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TWENTY! yes i'm entering my 20th day b"h.

Over the last few days i had a couple of nisyonos that almost had me fall, but i managed to  
overcome them. Hope y'all doin' great!

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Re: My journey to become a HeiligerYid!  
Posted by markz - 04 Jan 2016 04:04

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[heiligeryid wrote:](#)

TWENTY! yes i'm entering my 20th day b"h.

Over the last few days i had a couple of nisyonos that almost had me fall, but i managed to  
overcome them. Hope y'all doin' great!  
WOW

*Keep On Trucking*

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Re: My journey to become a HeiligerYid!  
Posted by iwant2begood - 05 Jan 2016 17:19

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Way to go!!!!

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Re: My journey to become a HeiligerYid!  
Posted by heiligeryid - 26 Jan 2016 22:37

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I didn't post here for quite a while, but i'm still trucking on my journey, reaching today b"h day #42!

Also i visit the forum daily, reading lots of gevaldige insights from all of you. Thanks to everyone & much Hatzlachah!

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Re: My journey to become a HeiligerYid!  
Posted by heiligeryid - 26 Jan 2016 22:38

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BTW iwant2begood how's your ride goin'?

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Re: My journey to become a HeiligerYid!  
Posted by markz - 26 Jan 2016 23:05

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[heiligeryid wrote:](#)

I didn't post here for quite a while, but i'm still trucking on my journey, reaching today b"h day #42!

Also i visit the forum daily, reading lots of gevaldige insights from all of you. Thanks to everyone & much Hatzlachah!

Your truck went racing in a tunnel, and you pop your head out weeks later to Honk

It's great to hear how you're doing!!!!

KOHT

Keep On Heilige Trucking!!

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Re: My journey to become a HeiligerYid!  
Posted by BenTorah.BaalHabayis - 27 Jan 2016 04:46

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That's gevaldig!

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Re: My journey to become a HeiligerYid!  
Posted by iwant2begood - 27 Jan 2016 08:49

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Day 42 . Even though the urge got much less but the withdrawal symptoms got much stronger.  
The past few days I'm feeling very depressed i need some chizzuk.

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Re: My journey to become a HeiligerYid!  
Posted by Workingguy - 27 Jan 2016 12:55

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[iwant2begood wrote:](#)

Day 42 . Even though the urge got much less but the withdrawal symptoms got much stronger.  
The past few days I'm feeling very depressed i need some chizzuk.

I hear you. 42 is awesome; congratulations on that! I hope you feel proud about it. Take a

moment to appreciate it.

Can you do exercise? It really helps so many things; it makes you feel so much better.

I play sports once a week and when I get home and my wife notices the difference in my mood she says "You should do this every day!"

Stay shtark; people are looking up to you!

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