

Had a fall..

Posted by Malkitzedek13 - 13 Jan 2016 23:58

I gave in. I didn't try hard enough and now I'm back at where I started like always..I can't be the

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Re: Had a fall..

Posted by markz - 14 Jan 2016 00:04

only one.. any words on how to get back on the wagon again.

Welcome

I also fell many times

Until i found gye and learnt not to go back to the wagon

I got a trucking license and doing ok BH

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Re: Had a fall..

Posted by heiligeryid - 14 Jan 2016 00:15

Actually we are ALL here because we kept on falling, so perhaps you gotta try some new tools and methods.

DO NOT GIVE UP!!!

Much Hatzlacha!

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Re: Had a fall..

Posted by helphere - 14 Jan 2016 00:55

I feel the same but with the koach hurabim and the help from other we all goona make it sooner or later

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Re: Had a fall..
Posted by cordnoy - 14 Jan 2016 02:54

Welcome,

Stick around.

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Re: Had a fall..
Posted by BenTorah.BaalHabayis - 14 Jan 2016 05:06

[Malkitzedek13 wrote:](#)

I gave in. I didn't try hard enough...

Welcome to GYE. I saw a great line somewhere on the forums: Sometimes you need to try smarter, not harder!

Trying harder usually means using the same techniques we always used with the hope that somehow this time will be different. But as many of us learned after months or years of struggling, "this time" is usually no different. So we need to try something else.

Feel free to open up and share more details about your struggle. You've come to a place where everyone can understand you and will not be judgemental. Perhaps with more specifics people can help you more by sharing what worked for them.

Hatzlacha!

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Re: Had a fall..
Posted by pischoshelmachat - 14 Jan 2016 22:26

Mazel Tov MarkZ on reaching the Wall of Honour

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Re: Had a fall..
Posted by doingtshuva - 14 Jan 2016 23:37

[pischoshelmachat wrote:](#)

Mazel Tov MarkZ on reaching the Wall of Honour

Markz it's time to update your chart?

isn't it red by now?

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Re: Had a fall..
Posted by TalmidChaim - 24 Jan 2016 21:08

Don't think about it. It happened. Stay away from whatever the trigger was, and move on. The more you think about it, the more power it will have over you.

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