

9 days in

Posted by ineedhelp613 - 29 Jan 2016 01:00

I'm 9 days into this journey. The first time i've attempted it since last year.

I feel so freaking good.

Wanna keep it up.

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Re: 9 days in

Posted by markz - 29 Jan 2016 04:10

Welcome!

Feel free to install the GPS and for no additional cost you can join the Towing 24/6 page - both are found in the signature below

KOT

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Re: 9 days in

Posted by cordnoy - 29 Jan 2016 10:34

Welcome to you

B'hatzlachah

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Re: 9 days in

Posted by iwant2begood - 29 Jan 2016 10:56

Welcome! Hope you have much hatzlocha!

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Re: 9 days in

Posted by BenTorah.BaalHabayis - 31 Jan 2016 05:10

Glad to hear. Next time you're faced with an urge perhaps try to focus on this good feeling and use that to strengthen your resolve to stay clean. I wish you much hatzlacha!

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Re: 9 days in

Posted by TalmidChaim - 31 Jan 2016 23:11

Welcome! Great work. You should be very proud of yourself. Remember, try to relax too, and focus on getting through today!

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Re: 9 days in

Posted by ineedhelp613 - 01 Feb 2016 00:28

Thank you all for your support.

Still going strong, enjoying the high whilst the motivation lasts.

I know from experience it only gets tougher.

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Re: 9 days in

Posted by BenTorah.BaalHabayis - 01 Feb 2016 05:16

[ineedhelp613 wrote on 01 Feb 2016 00:28:](#)

Thank you all for your support.

Still going strong, enjoying the high whilst the motivation lasts.

I know from experience it only gets tougher.

Not necessarily. It gets tougher if you feel the whole time like you're suffocating. As they say here, you got to come up for air at some point.

Perhaps you're approaching this wrong. Do you have a strategy in place? I recommend reading the Handbook for some tools and perspectives.

Hatzlacha!

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Re: 9 days in
Posted by ineedhelp613 - 02 Feb 2016 00:24

Which part of the handbook would you recommend?

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Re: 9 days in
Posted by Gevura Shebyesod - 02 Feb 2016 01:50

All of it!

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