

I had a fall

Posted by emunas hashem - 26 Apr 2016 04:51

Hey all.. so I had a fall.

That rhymes!

Eh.. who am I kidding. Jokes aside, I'm pretty down on myself now. I mean, sometimes this just seems like an endless battle. Like Ill never overcome this addiction. I was clean for a week and then just tonight I acted out.

Also, I realized something. I have strong anxiety and I never realized that I was kinda self medicating by acting out. Cuz its like a quick dopamine rush and makes me feel better at least for a bit. so the past week, absent of that rush, I was going out of my miiiiiind.. and tonight I just couldn't hold on:/

Any wise words of encouragement?

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Re: I had a fall

Posted by botty - 26 Apr 2016 13:18

Hi enumas hashem,

the best tip i can give you is to pray to hasehm as much as you can!

the minimum like 5 times a day, shahrit, minha and arvit, and 2 more times and before sleep etc..

the only chance we have againts the yezer hara is to pray to hashem to give as the power to win the yezer hara, without prays we cant do anything in this world! dont be desperate, i am also in my 12 days clean... we have to keep pray pray pray pray pray pray pray pray !

good luck!

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Re: I had a fall

Posted by markz - 26 Apr 2016 13:24

Emunah I replied to your post on your regular thread [here](#)

Botty - I thought you passed 90 days, no?

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Re: I had a fall

Posted by botty - 26 Apr 2016 15:02

[markz wrote on 26 Apr 2016 13:24:](#)

Emunah I replied to your post on your regular thread [here](#)

Botty - I thought you passed 90 days, no?

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Re: I had a fall

Posted by markz - 26 Apr 2016 15:11

[botty wrote on 26 Apr 2016 15:02:](#)

[markz wrote on 26 Apr 2016 13:24:](#)

Emunah I replied to your post on your regular thread [here](#)

Botty - I thought you passed 90 days, no?

well, i had a fall after day 120 or smth like that....

120 days is AMAZING

During those 120, were you using anything new besides for pray pray pray

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Re: I had a fall

Posted by botty - 26 Apr 2016 15:14

[markz wrote on 26 Apr 2016 15:11:](#)

[botty wrote on 26 Apr 2016 15:02:](#)

[markz wrote on 26 Apr 2016 13:24:](#)

Emunah I replied to your post on your regular thread [here](#)

Botty - I thought you passed 90 days, no?

120 days is AMAZING

During those 120, were you using anything new besides for pray pray pray

i kept updating the 90days chart almost every day or 2. and read the chizuk emails.

and then i started pray pray pray!

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Re: I had a fall

Posted by markz - 26 Apr 2016 15:27

Did you learn to pray on gye?

I don't believe so

Are you interested in doing things differently, then start by checking the GPS below.

Let me know if you find anything interesting there

Happy Holidays

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