

Climbin' Higher

Posted by KedushasLevi - 07 Sep 2016 03:41

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Hi everyone! Just wanted to get out there and post some of my progress, be mishtatef with the tzibbur, strengthen and be strengthened.

I'm at day 13 right now, a pivotal point in time. For the last few years I've usually been able to go for about 2, some rarer cars three weeks...and then I fall. I promptly pick myself up, mechazek myself, get all inspired... and then get duped into thinking that I'm all better. Of course once that happens I usually fall 2 weeks later again. I made a resolve to take the 90 day challenge, and especially now. Because the 90 days ends right at my next birthday ( which is a big one for me). And I need to be in a better place before I hit the next decade of my life.

So anyway, there are 2 things that I wanted to mention that I know are major pain points and yesodos in my personal recovery.

The first is getting to sleep on time at night. This has dogged me for years as I can't seem to ever get to bed at a healthy normal hour. Part of the problem (a huge part) is that my wife usually goes to sleep really early which leaves me lonely, stressed and of course bored. This is the time when I'm tired and stressed, my body is crying for rest but I refuse to give it what it needs. Naturally, the body starts craving all sorts of chemicals to override the stress hormones and reset back to calm levels. So at night I crave to eat junk food and of course to browse the web. I usually am just browsing benign sites but at some point it turns towards the darker places. I cannot stress enough the importance of getting to bed on time at night. First of all, this leaves you feeling healthier, with more energy and less stress on the body and less need to act out to bring you back to normal equilibrium. Second, it greatly minimizes the opportunity of the yetzer since all that alone time is no longer there.

The second thing is, I made a kabalah not to bring my phone into the bathroom with me, or if at work, not to take it out of my pocket... Not even to check emails. Once you're alone with the phone in the bathroom, it's too easy to end up in the wrong places. So, no phone in the bathroom, I'll leave it on the table or elsewhere and I find that I've discovered so much extra time since my bathroom trips are so short!!

i wish everyone hatzlocha and would love to hear from you all!!

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Re: Climbin' Higher

Posted by Teshuvahguy - 14 Oct 2016 21:00

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Thank you for your beautiful post. I have just hit 30 days and I am looking to follow in your footsteps. Thanks for sharing!

TG

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Re: Climbin' Higher

Posted by Shlomo24 - 14 Oct 2016 21:01

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[Teshuvahguy wrote on 14 Oct 2016 21:00:](#)

Thank you for your beautiful post. I have just hit 30 days and I am looking to follow in your footsteps. Thanks for sharing!

TG

Mazel Tov!

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Re: Climbin' Higher

Posted by KedushasLevi - 04 Nov 2016 03:07

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B'h I have reached 70 days, one day at a time! May hkbh grant us continued hatzlocha.

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