

Day 3

Posted by Hatzlachah - 07 Jun 2017 15:38

ive made it this far before. Actually farther to almost a month only this time it feels different. It's always stress that brings me down. I run to the computer for escape and Relief. Not once has that solved the problem. Today stress it hard. I took a walk, listened to music, learned sooner Torah. Stress hadn't gone away and anxiety continues. But im committed. This time I'm going to make it. For me. For my family.

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Re: Day 3

Posted by Shivisi_Hashem - 07 Jun 2017 16:25

hay, welcome to the best community, it should be with Hatzlacha,

just hang on, you did the right move.

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