

Making it happen

Posted by iwillnevergiveup - 15 Oct 2019 17:38

I am starting my own thread today to keep myself in check to keep up my daily learning, update my chart, and ultimately conquer desire for good. I recently made it over 50 days and know I can do it.

I hope all chime in, and would like to keep this thread for inspiration, for people to post their milestones, and most importantly each other to look out that no one "falls off the band wagon".

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Re: Making it happen

Posted by iwillnevergiveup - 16 Oct 2019 10:51

Day 1 Here we go.

Read an article on overcoming desire.

Will watch a video from Rabbi Schaifer later today.

Read one a day

<https://guardyoureyes.com/the-gye-program/the-30-principles/21-principles-for-the-struggle>

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Re: Making it happen

Posted by iwillnevergiveup - 17 Oct 2019 07:24

Day 2 Yesterday went day well. I did what I said I would and need to keep it up.

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Re: Making it happen

Posted by Hashem Help Me - 17 Oct 2019 16:28

Keep it up!

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Re: Making it happen
Posted by iwillnevergiveup - 20 Oct 2019 11:03

Day 5 shabbos was harder because of lack of inspiration material. I wasn't careful enough in street but am still clean. 2 days left for a week.

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Re: Making it happen
Posted by 1-12steps - 21 Oct 2019 18:24

not lusting is an acquired habit, the 90 day journey gets easier when you get used to it as a new way of life.

Untill then it's like holding your breath, or "whiteknuckeling" it in AA terminology. it might work, and it's also a good thing, but it's soooooo much HARDER to be clean like that. it's so much easier to make a new habit out of sobriety and just take care to keep emotionally ballanced

KOTGW

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Re: Making it happen
Posted by iwillnevergiveup - 22 Oct 2019 18:55

Day 7 One week clean and many to come.

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Re: Making it happen
Posted by keepal613 - 22 Oct 2019 20:48

keep it up!!

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Re: Making it happen
Posted by iwillnevergiveup - 23 Oct 2019 11:22

Day 8 going one day at a time.

Believe in yourself, if god gave you a challenge he gave the ability to fight it.

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Re: Making it happen
Posted by iwillnevergiveup - 25 Oct 2019 11:51

Day 10 you don't need to lust.

Simple, just keep repeating it to yourself.

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Re: Making it happen
Posted by iwillnevergiveup - 25 Oct 2019 19:12

If you taught yourself you need to lust you can teach yourself you don't need to lust.

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Re: Making it happen
Posted by iwillnevergiveup - 27 Oct 2019 11:54

Day 12 So when the yetzer hara can't get you to do something by day, he does it for you at night. Well it'll just have to be a sign of progress, because while it ain't easy, falling isn't an option anymore.

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Re: Making it happen
Posted by Holly Nashumah - 27 Oct 2019 14:34

I saw once in a Sefer from Reb Aharala Roth that when the yetzer hora sees that he can't get you throughout the day when you have your bchira, he will make sure to get you at night when you don't have a bchira, just to break your mood, therefore he says to just ignore what happened at night (I do a mikva and say tikun haklaly) and go on like nothing happened.

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Re: Making it happen
Posted by Holly Nashumah - 27 Oct 2019 15:04

From Reb Nachmen in "????? ?????" ?????. - ??

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Link below

https://he.m.wikisource.org/wiki/%D7%9C%D7%A7%D7%95%D7%98%D7%99_%D7%9E%D7%95%D7%94%D7%A8%22%D7%9F_%D7%AA%D7%A0%D7%99%D7%A0%D7%90_%D7%A6%D7%91

Either way "IwillNeverGiveUp" you're good keep it up:like:

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Re: Making it happen

Posted by iwillnevergiveup - 28 Oct 2019 18:37

Day 13 No letting your guard down even if it's going easy.

And when it's going hard, train your brain it's not an option. I will do everything in my power (btw far more than you may think) and god will do the rest.

Thank you to all those who read my posts! Your thank you's, private messages and tips are truly helpful. Please keep them coming.

FIGHT ON.

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