

Making it happen

Posted by iwillnevergiveup - 15 Oct 2019 17:38

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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 - 30 Oct 2019 04:36

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Day 15 The one person in the world I can't fool is myself. I know where I don't belong and what triggers I need to stay away from.

For those who know math,

15 is a sixth of 90. ....Then goes shabbos.

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Re: Making it happen

Posted by iwillnevergiveup - 31 Oct 2019 01:53

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Day 16 Tip of day, please exercise I find that exercise helps me tremendously.

Question: Where is line between a very bad habit and early stages of addiction.

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Re: Making it happen

Posted by iwillnevergiveup - 01 Nov 2019 05:16

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Day 17 I'm not being careful enough with basic Shmiras enayim in the street.

I will pay extra attention tomorrow. And try hard.

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Re: Making it happen

Posted by iwillnevergiveup - 03 Nov 2019 00:27

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Day 19 Everyone knows which places they most at risk. I put myself in such a place today against my gut feeling, was very close to falling. God please give me the strength to fight all I can do, and please help with the rest.

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Re: Making it happen

Posted by iwillnevergiveup - 04 Nov 2019 05:30

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Day 20, That's means 20 days of saying no. 20 of becoming a better person. 20 days of working on self control. I will continue to fight and I won't let my guard down.

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Re: Making it happen

Posted by Hashem Help Me - 04 Nov 2019 11:00

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[iwillnevergiveup wrote on 04 Nov 2019 05:30:](#)

Day 20, That's means 20 days of saying no. 20 of becoming a better person. 20 days of working on self control. I will continue to fight and I won't let my guard down.

and 20 days of inspiring all of us who read your posts and see it is possible to be done!

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Re: Making it happen

Posted by refael - 04 Nov 2019 18:16

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HHey man, just wanted to say your streak is pushing me forward although I'm only at one day for the thousandth time.

Let's keep going!

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Re: Making it happen

Posted by Snowflake - 05 Nov 2019 12:53

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Yasher koiach! Keep us posted!

You are a source of inspiration for us.

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Re: Making it happen

Posted by iwillnevergiveup - 05 Nov 2019 19:18

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Day 21 Research shows it takes 21 days to break a habit.

Hopefully this is my permanent habit creating journey for the better.

To all of who read, say thank you, and comment on my thread, thank you thank you thank you. Everytime I see that one of you read it, it pushes me forward.

God gave you challenge, he gave the tools to fight it. No one said it's easy.

Make him proud!

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Re: Making it happen

Posted by iwillnevergiveup - 06 Nov 2019 20:32

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Day 22 You getting this challenge does NOT mean you are lower or worse than someone else. It means god knows you're on the level of receiving harder tests. Act like an elitist.

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Re: Making it happen

Posted by Hashem Help Me - 06 Nov 2019 22:38

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[iwillnevergiveup wrote on 05 Nov 2019 19:18:](#)

To all of who read, say thank you, and comment on my thread, thank you thank you thank you. Everytime I see that one of you read it, it pushes me forward.

You write very inspirationally. Your determined, honest, balanced, and intelligent comments make others realize that the goal is attainable. lyh continued hatzlocha!

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Re: Making it happen

Posted by iwillnevergiveup - 08 Nov 2019 06:33

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Day 24 Hey guys sorry I missed a day was real busy.

And once i mentioned it, staying Very busy is great help to overcome challenges. Organize your day, many little tasks. As you get them done you'll feel accomplished, you won't need a "fix" to make you feel good. It also keeps you physically unable to be doing else at the same time.

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Re: Making it happen

Posted by iwillnevergiveup - 10 Nov 2019 00:35

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Day 26 Thank you Hashem

for everything you give me, challenges included. I know even when challenges are hard, that are for my good to become a better person.

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Re: Making it happen

Posted by iwillnevergiveup - 11 Nov 2019 05:30

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Day 27 To whoever you are, feeling like you're in the bottom of a pit, way to deep down. You tried to get out so many times before. You have even gotten out for a few days and fell back down. You may think this an an impossible task.

Its like a non stop feeling tormenting your brain. You can't imagine life without this feeling. You believe you tried all you can and it's too late.

But fortunately, you are wrong. It is never too late. You could live a better life. It will take every bit of energy you've got inside, but it's doable. It took months of fighting longer and longer each time, to come to point where I can go a week without a strong desire. The first time I finally forced myself to stop I honestly felt like I was gonna die. My brain was in shock.

Today nothing like that. YOU who is struggling right now, you can get there. DO IT.

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Re: Making it happen

Posted by iwillnevergiveup - 13 Nov 2019 06:01

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Day 29 Today was a rough day in general. Hopefully tomorrow will be better. Also it is a full month of being clean. Of growing, of learning how to say no.

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