

Back on track

Posted by iwillnevergiveup - 14 Jun 2020 19:43

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It's been a long time since I posted and I'm starting a new thread today to get back on track.

I had a streak of about 6 months and than fell about a 2 months ago. Since than I've been struggling and haven't gone 3 days clean.

I know it all started when my taphsic "expired" and I made a new one today. If I was able to do in the past it means I have the power to do it again.

I will start each day with the daily boost as well as watch another video at night. Each day I will update my chart, post my progress and share ideas and struggles as well as try to to inspire others. These tools worked for me in the past and will do so again.

I know this will be very hard at the beginning and will get easier overtime. I will put in the effort and make it happen.

iwillnevergiveup

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Re: Back on track

Posted by battle-of-the-gen - 23 Jun 2020 05:20

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Im here and reading all your updates(just saying I get happy when I see you were successful and clean)

Keep plugging away. Remember "No one said its gonna be easy"

Its hard and expect to be, and youll be ready to battle. Hatzlacha!

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Re: Back on track

Posted by iwillnevergiveup - 24 Jun 2020 04:40

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Day 10 wow ten. I definitely caught myself lusting, and these 10 weren't perfect. But it's 10 clean and hopefully the next 10 will be a bit easier. There were a few very hard moments.

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Re: Back on track

Posted by iwillnevergiveup - 25 Jun 2020 04:24

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Day 11 The last 48 hours have been my weakest so far. Starting tomorrow I really need to spend more time each day on chizuk and tools.

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Re: Back on track

Posted by battle-of-the-gen - 25 Jun 2020 05:46

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Reach out when your feeling down. A listening ear can go really far. If u wanna reach out to me Im easily accessible at google hangouts.

Also stir the coals of chizuk and get the fire blazing within you.

Hatzlacha!

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Re: Back on track

Posted by Snowflake - 25 Jun 2020 13:48

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If you're married with kids and would like a phone partner do reach out. I'm also available. Like BOG (can I call you that way? lol) said, breaking off the isolation is key.

A lending ear can do wonders. Just letting the weight out, and you feel like a new person.

Great work and remember, there will be tough days. Daven to Hashem everyday for sobriety for today, that's all you need. To be sober for today.

That being said, coming here everyday helps to remind me of the good fight.

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Re: Back on track

Posted by battle-of-the-gen - 26 Jun 2020 01:36

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[Snowflake wrote on 25 Jun 2020 13:48:](#)

Like BOG (can I call you that way? lol)

Yeh of course; call me whatever you like.

@iwillnevergiveup I think I recall that you said it your circumstances may not allow email or hangouts, but I think its really worth considering either calling or some other anonymous way you feel comfortable being in contact with someone(A way that people wont find out, just gotta be a little creative) . Its done wonders for me. But thats my two cents.

Hatzlacha!

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Re: Back on track

Posted by iwillnevergiveup - 28 Jun 2020 07:10

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Day 14 Thanks for all the support. While haven't made all the right decisions, I see myself really thinking out what I'm doing and staying away from certain things when challenges arise.

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Re: Back on track

Posted by Captain - 28 Jun 2020 19:12

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Try to remember that lusting in normal and it doesnt take away from the greatness of what

you're doing! (It's probably the Yetzer Hara trying to ruin your enthusiasm so you'll stop.)

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Re: Back on track

Posted by iwillnevergiveup - 29 Jun 2020 04:23

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Day 15 Still gave in to one struggle today. I'll get this tomorrow.

Hashem gives me challenges because he wants it to be hard, and he wants me to work hard.  
So that's what I'll do.

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Re: Back on track

Posted by wilnevergiveup - 29 Jun 2020 06:14

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You don't have to be perfect, just give it your best shot. Don't strive for perfection, just try to be better today than you were yesterday and better tomorrow than today.

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Try to remind yourself again and again why you are doing this and why it's important to you.

Keep it up. Looking forward to hearing good news.

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Re: Back on track

Posted by battle-of-the-gen - 29 Jun 2020 15:48

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[wilnevergiveup wrote on 29 Jun 2020 06:14:](#)

You don't have to be perfect, just give it your best shot. Don't strive for perfection, just try to be better today than you were yesterday and better tomorrow than today.

Don't let perfect be the enemy of good.

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The trick (as you prob. know...) is just to never give up

Re: Back on track  
Posted by DavidT - 30 Jun 2020 16:55

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**Life's battles are designed to be tough.**

Though we hope to ace every challenge, we cannot guarantee perfection. We can't let one mishap define and crush us. We must focus on how much we accomplish and how much greater we reach every time we exert effort to control ourselves, rather than worrying about not being perfect. Focusing on our status in this twisted way is inaccurate, painful, and dangerous.

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Re: Back on track  
Posted by iwillnevergiveup - 01 Jul 2020 04:26

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Did great last 2 days, hopefully same tomorrow!

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Re: Back on track  
Posted by battle-of-the-gen - 01 Jul 2020 04:48

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Lets go! 17 days!

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