

There must be a way

Posted by starting - 21 Jul 2020 05:34

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The y"h gave me a new line of thought today: stopping cold turkey is not for me. I'll forever feel like I'm missing out and I'll get depressed. I should really make my streaks go a bit longer each time.

This is after trying to stop for well over 10 years. How crazy is that?

?I now see even more clearly how he has powers of manipulation that we cannot fathom

Doing it for my good of course. I shouldn't always feel like I'm missing out

The creep

I hereby start my journey to purity

The reason I have not officially done this yet is because I feel that the order of the forum is cleverly designed. I first introduced myself. Then I started a log of trying to break free (this actually in the marrieds section as it's a bit along those lines)

I did not in any way have the strength to attempt a 90. But now I think that the time is ripe. Even if it takes a few tries.

Day 18 (BTW it's my first time at day 18 in my life)

Hatzlacha guys

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Re: There must be a way

Posted by starting - 03 Feb 2021 10:41

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Thanks for you replies.

I'm still overloaded with work. B"h I got almost 4 hours of sleep.

Will hopefully have time later today or tomorrow to read your comments properly and work on your ideas (?)

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Re: There must be a way

Posted by starting - 04 Feb 2021 21:53

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Day was ok

1 week clean

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Re: There must be a way

Posted by #makelifegreatagain - 04 Feb 2021 23:43

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Congrats!

Its a huge thing to get to a week. For the rest of your life, no matter how your battle goes, you can forever say that 1 week was yours and absolutely nothing can ever take that away from you.

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Re: There must be a way

Posted by Zedj - 05 Feb 2021 06:55

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One week down!

It's time for the one week clean celebration to begin!

L'chaim! To more clean days ahead.

Thank you for being a great source of inspiration.

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Re: There must be a way

Posted by starting - 05 Feb 2021 07:13

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[wilnevergiveup wrote on 02 Feb 2021 09:45:](#)

[starting wrote on 01 Feb 2021 06:33:](#)

Was a good day

Spoke on the phone. Accountability is preventing slipping.

Could use more motivation. Back when I was up to my nose in this I knew what I didn't want anymore.

Now I pretty much know what do want but have forgotten a bit about the cons of lust.

So I have been slipping a bit recently and even fell once last week because I have been away too much recently.

Need help remembering the bad times and that lust is....

Take a moment to read through your "recent post that resonates" thread and really take a moment to let each post sink in. Don't do it all in one shot maybe even one or two posts a day, but try to do it everyday for the next few days/weeks.

You know what works for you, and you know that you don't want or need the garbage. You just

need some *chazarah* of the obvious. Like the *Mesilas Yescharim* says in the *hakdamah*, no *chidushim*, just a way to keep focus on what you already know.

Chazarah, chazarah, chazarah!

All the best,

Wilnevergiveup

Just read this now and I love it.

Absolutely nailed it!

Chazarah Chazarah chazara

Read a couple of posts on my other thread, after all it's designed for extra Chazarah and chizzuk.

Probably should have done that also when all is going good, it's better to keep the battle miles away from enemy lines...

So, another good day b"h

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Re: There must be a way

Posted by Shteeble - 05 Feb 2021 09:11

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[starting wrote on 05 Feb 2021 07:13:](#)

[wilnevergiveup wrote on 02 Feb 2021 09:45:](#)

[starting wrote on 01 Feb 2021 06:33:](#)

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Everyone should have a thread like that. A place to store the snippets of inspiration that spoke to them personally. It becomes a powerhouse of chizuk. I have one too. It's called Shteeble's collection of inspiration. I don't know anything that motivates me more than reading through it.

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Re: There must be a way  
Posted by starting - 06 Feb 2021 22:37

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Shabbos was good b"h

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Re: There must be a way  
Posted by starting - 07 Feb 2021 20:20

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Good day b"h

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Re: There must be a way

Posted by starting - 08 Feb 2021 20:19

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Pretty good day in this

A lot of other pressure though which is normal for Mondays and Tuesdays these days

No worries

Trust in the one above

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Re: There must be a way

Posted by starting - 10 Feb 2021 00:38

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Pretty good day b"h

May have some time for the forum tomorrow

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Re: There must be a way

Posted by starting - 10 Feb 2021 23:40

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OK day, not too great

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Re: There must be a way  
Posted by Realestatemogul - 11 Feb 2021 04:49

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I love your last post - "OK day, not too great"

It is so real, and I can literally feel your strength and perseverance! Not every day is great, but that is OK and you can still stay strong and clean.

I hope the rest of your week is GREAT!

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Re: There must be a way  
Posted by starting - 11 Feb 2021 13:46

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Thanks for spelling that out so clearly.

I never thought about it that way, but now I'm thinking that really, that happens so often.

Day wasn't great, meeting wasn't great, lunch wasn't great, davening, work, anything,

Keep up the great work!!  
But that's OK.

Does not have to be something to dwell on, certainly not to the point of acting out...

Clear good day today b"h

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Re: There must be a way

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Posted by starting - 12 Feb 2021 12:13

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Pretty good day

Slightly stressful

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Re: There must be a way

Posted by starting - 13 Feb 2021 22:29

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Gut voch

Clean

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