

Giving it another shot

Posted by anothershot - 01 Jan 2021 06:18

Hi! I have been coming to gye for about a year and a half but this is my 1st post on the forums.

Last year I had a clean streak of 183 days but then I fell and since then I have been up and down with smaller clean streaks and less acting out in between.

Recently though I have been falling too often so I decided even though it's difficult for me I will start a thread to hold myself more accountable.

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Re: Giving it another shot

Posted by anothershot - 04 Feb 2021 19:39

[Aaron613 wrote on 04 Feb 2021 18:41:](#)

You're inspiring. I know you're likely going through some hell-like moments, I have them too. I'm really taken back by the level of your resolve after falling from a 180+ streak of clean days...you got back up. I've struggled in this area since I was around 14. I've always told Hashem that I no matter what I will never stop fighting.

you're a true inspiration. I don't know if that helps you at all but for me it helps to know that I'm being a good ????? into the world, you definitely are.

Thank you so much Aaron!

1st of all I have come to realize the only way to really live is to get rid of lust from my life, so for me this is a battle of life or death.

For a long time I was scared to post eventually what really pushed me to where 2 things

1. I wanted to be mechayev myself, when I post I feel I need to keep to it. This has kept me going if not for posting I wouldn't be at 36 days right now. (and my life would be hell right now)

2. I want to be an inspiration the same way I have been inspired by so many other guys that are active on the forums.

Hatzlacha to all!

Anothershot

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Re: Giving it another shot

Posted by othershot - 04 Feb 2021 19:48

Hi all here's a little update.

I am at 36 days now but been slipping up and wasting too much time & I need to right this ship now before it sinks so here's the plan...

For the next 5 days I will Bl'n

1. post everyday
2. Before I go to sleep I will make small goals for the next day
3. Exercise for a minimum of 5 minutes
4. Learn something that interests me for at least 5 minutes
5. Celebrate in a small way each clean day

Ps. I started this off with a 30 minute workout and I'm feeling good about this!

Hatzlacha to all!

Anothershot

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Re: Giving it another shot

Posted by othershot - 05 Feb 2021 13:54

Good morning!

I got my report card for yesterday

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Re: Giving it another shot

Posted by othershot - 05 Feb 2021 14:03

so here's the plan...

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5. Celebrate in a small way each clean day

Good morning!

I received my report card for yesterday

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Re: Giving it another shot

Posted by anothershot - 05 Feb 2021 17:49

37 days going strong!!

Making small goals last night for today really helped me wake up this morning with more purpose and focused on what I need to do.

I'm looking for suggestions for small ways to celebrate a clean day?

Good shabbos & hatzlacha to all!

Anothershot

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Re: Giving it another shot

Posted by Lou - 05 Feb 2021 17:56

[anothershot wrote on 05 Feb 2021 17:49:](#)

37 days going strong!!

Making small goals last night for today really helped me wake up this morning with more purpose and focused on what I need to do.

I'm looking for suggestions for small ways to celebrate a clean day?

Good shabbos & hatzlacha to all!

Anothershot

It really depends on the person, but a small treat or special drink can do the trick.

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Re: Giving it another shot
Posted by Zedj - 05 Feb 2021 18:18

A tub of ice cream will definitely do the trick!

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Re: Giving it another shot
Posted by anothershot - 05 Feb 2021 18:48

[Zedj wrote on 05 Feb 2021 18:18:](#)

A tub of ice cream will definitely do the trick!

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Re: Giving it another shot
Posted by anothershot - 07 Feb 2021 03:03

B"H Shabbos was good still going strong!

hatzlacha to all!

anothershot

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Re: Giving it another shot
Posted by wilnevergiveup - 07 Feb 2021 07:38

[Zedj wrote on 05 Feb 2021 18:18:](#)

A tub of ice cream will definitely do the trick!

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Re: Giving it another shot
Posted by anothershot - 08 Feb 2021 01:29

40 days!!!! Thank you Hashem!!!!

Hatzlacha to all!

For me, a tub of ice cream=act out within the hour
another shot

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Re: Giving it another shot
Posted by #makelifegreatagain - 08 Feb 2021 20:56

MAZAL TOV!!!

Its great to see that not only are you succeeding, but you're also picking up some amazing habits on the way too!

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Re: Giving it another shot

Posted by othershot - 09 Feb 2021 02:06

41!

Had a little slip up today... read something I shouldn't have but I know what I gotta do.

Warning: Spoiler!

I won't let it get me down or justify another slip!

Hatzlacha to all!

othershot

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Re: Giving it another shot

Posted by othershot - 10 Feb 2021 01:50

42 inching towards 50!

B"H I was busier today so I didn't have time to get sucked in to time wasting activities.

Hatzlacha to all!

Anothershot

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Re: Giving it another shot

Posted by othershot - 11 Feb 2021 04:56

43!

Thank you Hashem for making me crazy busy today so there was pashut no time to lust!!

The lesson that I learn from days like today is that if I start lusting I need to get busy doing something meaningful ASAP.

Hatzlacha to all!

Anothershot

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