

Giving it another shot

Posted by anothershot - 01 Jan 2021 06:18

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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 Hashem Help Me - 24 Feb 2021 12:08

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How are you celebrating 55 days?

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Re: Giving it another shot

Posted by anothershot - 25 Feb 2021 00:44

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2! Thank you Hashem!

hatzlacha to all!

anothershot

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Re: Giving it another shot

Posted by anothershot - 26 Feb 2021 03:19

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3!

Ah freilichen purim!

Anothershot

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Re: Giving it another shot

Posted by othershot - 28 Feb 2021 01:24

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5! Ah gut vuch!

Hatzlacha to all!

Anothershot

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Re: Giving it another shot

Posted by othershot - 01 Mar 2021 04:49

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6! ODAAT

Hatzlacha to all!

Anothershot

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Re: Giving it another shot

Posted by othershot - 02 Mar 2021 01:04

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I'm really embarrassed & want to run away from GYE right now... I fell late last night & then twice today.

But I promised myself no matter what happens and where I am holding I will make every effort to post daily.

I am starting over now... Fresh start.... It's so hard to feel good about it right now but I will get there.

Hatzlacha to all!

Anothershot

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Re: Giving it another shot  
Posted by Grant400 - 02 Mar 2021 02:03

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[anothershot wrote on 02 Mar 2021 01:04:](#)

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Anothershot

Kudos on not running away. Too many people gained a tremendous amount, and after a fall or two realized that there isn't magic here and it's still hard work, ran for the hills.

You might feel like you fell, and now you must start over. That couldn't be farther from the truth. Read through every thread of someone who is deep past 90 days, they are all interspersed with falls and laced with despair and frustration. Only laced, yet the primary morale isn't of failure, it's of perseverance and learning from the mistakes. For real. Not just saying it, but actually understanding where we went wrong and figuring out how to remedy the situation and create a solution for the future.

One who uses the mistakes and instead of being discouraged by them, utilizes them as educational moments will go far. One who understands that falls are inevitable and are in fact a part of the journey can use them as stepping stones to reach his final goal.

You are a mighty warrior, and I'm proud to be at your side. Don't be embarrassed, be proud!

Grant

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Re: Giving it another shot

Posted by anothershot - 03 Mar 2021 00:34

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1!

Today was really strange for me. The urges were strong but I've had worse. The difference was that I wasn't as committed & motivated as I was other times.

The previous times that I had really strong urges I was protecting a streak but today I didn't have anything going and that made it really tough.

The yh must have told me a thousand times today to just fall again and restart tomorrow.

I'm not sure how I survived the onslaught but I did.

I definitely gained an appreciation today for even just 1 clean day!

Hatzlacha to all!

Anothershot

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Re: Giving it another shot

Posted by Shaul5781 - 03 Mar 2021 01:31

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Amazing!! Good Job!!

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Re: Giving it another shot

Posted by Strong as iron - 04 Mar 2021 20:11

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*I am new here just 7 days but feel really awful fell already 3 times*

*?but I hope to one day reach 7 days clean*

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Re: Giving it another shot

Posted by Zedj - 04 Mar 2021 20:20

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Welcome!

Can you share some more on what you tried on the past, your struggle and your goals?

By all means please don't just disappear, there are so many tools that you can make use on GYE.

Keep us posted on your journey so you can be a source of chizuk for others and also so that

yourhave some accountability.

I can't wait to celebrate your milestones!

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Re: Giving it another shot  
Posted by Zedj - 04 Mar 2021 20:21

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Perhaps you can start your own thread?

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Re: Giving it another shot  
Posted by othershot - 07 Mar 2021 06:00

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2!

Last week was a real setback for me but I am starting fresh now with renewed energy and commitment! I will Bl"n write a new CBA tomorrow.

Hatzlacha to all!

Othershot

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Re: Giving it another shot  
Posted by othershot - 09 Mar 2021 04:48

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4! I wrote my new CBA yesterday!

Hatzlacha to all!

Anothershot

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Re: Giving it another shot

Posted by Benoni - 09 Mar 2021 23:56

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Mazel tov on the success!

Wondering what is "CBA"?

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