

Insert Catchy Title Here!

Posted by struggle613 - 08 Mar 2021 19:25

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Hi Everyone.

I just had a fall and I wanted to start this thread now before I chicken out again because I think it will help me.

A little background of my story. I have been struggling since I was a teenager and have had my ups and downs staying clean. At one point I was well over a year clean doing really well but slowly I have sunk back down. Most notably around a year ago I started to have more falls more often.

I have recently been putting in more effort to stay clean and I could no longer sit back and just try half heartedly anymore (Not that it was ok that I got in to that routine after being clean for so long)

For the rest of today I will have to prevent myself from falling into the trap of saying since I fell today I can take the rest of the day off and start again tomorrow.

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Re: Insert Catchy Title Here!

Posted by struggle613 - 14 Apr 2021 13:23

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B'H was a good day yesterday. Will try to keep the ball rolling today.

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Re: Insert Catchy Title Here!

Posted by struggle613 - 15 Apr 2021 12:57

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Just checking in again. Another good day yesterday. Work is keeping me busy so no time for anything else.

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Re: Insert Catchy Title Here!

Posted by struggle613 - 16 Apr 2021 13:30

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Last night I couldn't sleep and the lust thoughts started coming around. I have to say thinking about what I would write about the experience helped me think about other things. It was just me thinking how can I express this tomorrow on the forums how I felt and why I didn't really want to do it. So I guess this is proof enough that my ramblings are helping.

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Re: Insert Catchy Title Here!

Posted by struggle613 - 19 Apr 2021 13:01

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B"H I stayed clean over the weekend. Walking outside was a challenge especially with the weather warming up. I can't say I did as well as I would of hoped. I will just have to make sure I focus more on this in the future to keep myself from looking around more than I should.

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Re: Insert Catchy Title Here!

Posted by #makelifegreatagain - 19 Apr 2021 16:37

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Hey, at least you realized you didn't do your best. You didn't just think "oh, I saw something, no big deal." You're aware you can do better. That means you can work on yourself and continue to do better. Keep it up!

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Re: Insert Catchy Title Here!

Posted by struggle613 - 20 Apr 2021 14:53

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Checking in. Didn't do so great last night but I did keep my head above water. Problem was that I couldn't fall asleep right away and my mind just likes to wander. I have to think of alternate things to think of in these situations.

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Re: Insert Catchy Title Here!

Posted by EvedHashem1836 - 20 Apr 2021 15:25

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Yeah its hard at night when the mind is relaxed and naturally wanders - what works for me (still a work in progress) is kind of to remain calm and just do my best not to get worked up about it until I start thinking of a different topic. Can't guarantee this will work for you or anyone else just what works for me.

Wishing you much hatzlocha!

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Re: Insert Catchy Title Here!

Posted by struggle613 - 21 Apr 2021 13:03

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I got a vaccine yesterday so my arm was bothering me and I couldn't sleep very much at all last night. But B"H I didn't have any issues of lustfull thoughts coming around to my mind. It could be just because I was so uncomfortable that it was taking up all my brain space but I will take it none the less.

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Re: Insert Catchy Title Here!

Posted by Markz - 21 Apr 2021 17:16

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[struggle613 wrote on 21 Apr 2021 13:03:](#)

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Kol haCovid!

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Re: Insert Catchy Title Here!

Posted by EvedHashem1836 - 21 Apr 2021 19:13

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[Markz wrote on 21 Apr 2021 17:16:](#)

[struggle613 wrote on 21 Apr 2021 13:03:](#)

I got a vaccine yesterday so my arm was bothering me and I couldn't sleep very much at all last night. But B"H I didn't have any issues of lustfull thoughts coming around to my mind. It could be just because I was so uncomfortable that it was taking up all my brain space but I will take it none the less.

Kol haCovid!

That joke was so corny you should make a ha'adama

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Re: Insert Catchy Title Here!

Posted by struggle613 - 22 Apr 2021 13:18

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[Markz wrote on 21 Apr 2021 17:16:](#)

[struggle613 wrote on 21 Apr 2021 13:03:](#)

I got a vaccine yesterday so my arm was bothering me and I couldn't sleep very much at all last night. But B"H I didn't have any issues of lustfull thoughts coming around to my mind. It could be just because I was so uncomfortable that it was taking up all my brain space but I will take it none the less.

Kol haCovid!

B"H nothing to report yesterday was a good day.

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Re: Insert Catchy Title Here!

Posted by struggle613 - 23 Apr 2021 13:12

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Hey look at that 14 days. The days really do seem to go by a lot faster than you would think when you look backwards. It is certainly nice to have 2 weeks again. Just got to keep the ball rolling one day at a time.

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Re: Insert Catchy Title Here!

Posted by struggle613 - 25 Apr 2021 13:12

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B"H I did well over Shabbos. Specifically in the situations of walking around outside with lots of people around and making sure not to look around through the lens of lust. I hope to keep the ball rolling for today to finish off the weekend well.

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Re: Insert Catchy Title Here!

Posted by struggle613 - 26 Apr 2021 13:41

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I had a little bit of an epiphany yesterday. Any time I am able to stay away from something lustful would be a good time to daven for things that I need. That the zechus of me saying no to my desire should help that my tefilah should be answered. This really helped my motivation a few times to say no we don't want anything to do with that lets go daven.

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