

**NEW THREAD**

Posted by thetimeisnow! - 30 Mar 2021 01:55

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This time I'm going to do it. I fell over the Yom Tov since I had no one to talk to and motivate me so that was hard.

But I am very motivated now!

Had to go back to base camp (17,900 ft) because of altitude sickness but I have loaded up with more oxygen and am ready to fight to the top once more![https://lh3.googleusercontent.com/proxy/Ea2wAHF6zB3d4cAoqCM5eMMwvHR3j9x4QaOc8FD4vJnK0rEO4r\\_i4\\_JMLIqHP1zhB7f488f1j-LChEO6Nzs60I5Foelz4-jJ9R2oU9PGM3LIJf76lltIwAQ7svWEDO8aAaxE-0Wdig](https://lh3.googleusercontent.com/proxy/Ea2wAHF6zB3d4cAoqCM5eMMwvHR3j9x4QaOc8FD4vJnK0rEO4r_i4_JMLIqHP1zhB7f488f1j-LChEO6Nzs60I5Foelz4-jJ9R2oU9PGM3LIJf76lltIwAQ7svWEDO8aAaxE-0Wdig)

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**Re: NEW THREAD**

Posted by thetimeisnow! - 01 Apr 2021 02:32

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Day 4, its time to get serious

You can do this

Baruch Hashem

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**Re: NEW THREAD**

Posted by thetimeisnow! - 02 Apr 2021 01:36

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Day 6

You've been here before

Time to make this happen

Tomorrow is a week

Don't make the same mistakes

6.667% of the way there!

Baruch HaShem

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Re: NEW THREAD

Posted by HappyYid - 02 Apr 2021 01:48

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Keep it up!

You can do this!

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Re: NEW THREAD

Posted by thetimeisnow! - 02 Apr 2021 21:59

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I plan on it! Thank you for the support! Every word of encouragement counts.

The way I see it, which may or may not be true, everyone who gives me words of encouragement, it is as if they take a part in the accomplishment of me beating this desire. So

thank you very much!

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Re: NEW THREAD

Posted by thetimeisnow! - 05 Apr 2021 14:54

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Day 9 BH, tonight will be day 10

I am so excited to beat this.

Surprisingly, I haven't had any strong urges yet.

Something I did after my last fall was to put a bunch of motivational signs on the walls of my room so that I wouldn't forget about my goal. So far it has worked!

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Re: NEW THREAD

Posted by #makelifegreatagain - 05 Apr 2021 17:03

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That is such a good idea!! By putting up signs like those in your room it's like you're surrounding yourself with positivity. So no matter what else you go through, you'll always have that positivity to remind you that everything will be OK. Keep on climbing! I hear the view is beautiful at the top

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