

This time I will do it (keep me accountable!)
Posted by thetimeisnow! - 21 Apr 2021 13:41

I fell again this morning. It really really sucks. I feel terrible and so ashamed of myself.

[p]I think it happened because I was feeling depressed from yesterday and because I no longer had the taphsic method in effect, so the deterrence wasn't really there for me. I just feel so bad. The last few days have been a big downward spiral. But, all failures can be followed by a new beginning. From now on I am going to post every day that I can because I really need the accountability. We are going to have to take it one day at a time. If anyone has any suggestions for me I would be happy to hear them!

Day 0,

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Re: This time I will do it (keep me accountable!)
Posted by EvedHashem1836 - 21 Apr 2021 14:33

Best of luck!

Just fyi you don't have to make a new thread each time (although you can if you want) its just sometimes its helpful to look back at ur whole thread to see how far you've came and your ups and downs and what worked, didn't work, etc.

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Re: This time I will do it (keep me accountable!)
Posted by HappyYid - 21 Apr 2021 16:57

[thetimeisnow! wrote on 21 Apr 2021 13:41:](#)

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I think it happened because I was feeling depressed from yesterday and because I no longer had the taphsic method in effect, so the deterrence wasn't really there for me. I just feel so bad. The last few days have been a big downward spiral. But, all failures can be followed by a new beginning. From now on I am going to post every day that I can because I really need the accountability. We are going to have to take it one day at a time. If anyone has any suggestions for me I would be happy to hear them!

Day 0,

Looking forward to watching you grow!

Good luck!

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Re: This time I will do it (keep me accountable!)
Posted by thetimeisnow! - 22 Apr 2021 13:23

DAY 1 LETS GO

I can do this I can do this I can do this I can do this.

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Re: This time I will do it (keep me accountable!)
Posted by EvedHashem1836 - 22 Apr 2021 21:37

LETS GOOOOOO YOU GOT THIS

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Re: This time I will do it (keep me accountable!)

Posted by thetimeisnow! - 23 Apr 2021 13:53

DAY 2! BH

I'm doing it this time guys!

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Re: This time I will do it (keep me accountable!)

Posted by thetimeisnow! - 25 Apr 2021 01:27

Day 4 BH!

I've been keeping myself relatively busy the past few days and plan on further packing my calendar in the coming weeks so that there will be no time for boredom. So far no big urges...they usually hit by day 8-9 though so I am coming into the first wave extremely

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Re: This time I will do it (keep me accountable!)

Posted by thetimeisnow! - 26 Apr 2021 00:01

Day 5 BH!

Keeping myself busy!

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Re: This time I will do it (keep me accountable!)

Posted by thetimeisnow! - 27 Apr 2021 17:10

Day 6 BH,

Things are going well so far. Been trying super hard to keep bad thoughts out of my head, been working well so far...

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Re: This time I will do it (keep me accountable!)

Posted by thetimeisnow! - 28 Apr 2021 17:25

Day 7 BH

So far things are going well

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Re: This time I will do it (keep me accountable!)

Posted by thetimeisnow! - 02 May 2021 00:59

Day 11 BH

Every day clean is a blessing.

Hoping to continue to keep myself busy to avoid future boredom...

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Re: This time I will do it (keep me accountable!)

Posted by HappyYid - 02 May 2021 03:53

Keep it up!

Good luck

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Re: This time I will do it (keep me accountable!)

Posted by thetimeisnow! - 02 May 2021 04:45

Thank you! I plan on it!

And congrats for 90 days! What are you doing to celebrate?

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Re: This time I will do it (keep me accountable!)

Posted by Zedj - 02 May 2021 05:43

[thetimeisnow! wrote on 02 May 2021 00:59:](#)

Day 11 BH

Every day clean is a blessing.

Hoping to continue to keep myself busy to avoid future boredom...

We gotta continuously ask ourselves "what can we do today, to make today count"

Keep up the great work!

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