

New year, new beginnings

Posted by JJ8721 - 16 Oct 2022 15:09

I've still never made it to 90 days, but it's a new year and new beginnings, so here we go!

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Re: New year, new beginnings

Posted by JJ8721 - 28 Oct 2022 20:08

Day 2 here, I restarted my chart and put a filter on my devices. I am more confident things will work out this time around.

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Re: New year, new beginnings

Posted by JJ8721 - 30 Oct 2022 03:49

Day 3, things are going well. Had a few minor urges.

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Re: New year, new beginnings

Posted by JJ8721 - 18 Jan 2023 05:54

Ok, so I kind of fell off the wagon there. I'm back, though, and up to day number 2. I'm away from home on vacation so it's easier for me to avoid urges, as opposed to when I'm home and fall back into familiar patterns. The real challenge will start next week when I get home, so I'm going to try to strengthen my resolve before I get back.

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Re: New year, new beginnings

Posted by Hashem Help Me - 18 Jan 2023 12:31

Welcome. It should be with hatzlocha. Maybe post some more info. What is the issue? What are your triggers? How long has this been going on?

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Re: New year, new beginnings
Posted by JJ8721 - 09 Feb 2023 01:38

Thanks for reaching out. I've been struggling now for about 10 years. Recently my life has been pretty rough so it's been harder to stay on the wagon, but I created a few strategies that should help me with future temptations. Will update tomorrow with day 2!

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Re: New year, new beginnings
Posted by JJ8721 - 10 Feb 2023 17:08

Unfortunately yesterday I had a minor slip up. I was feeling depressed and overwhelmed and didn't use the strategies I put in place for preventing a fall. I am going to try to do better in the future and am starting again with day 1.

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Re: New year, new beginnings
Posted by Eerie - 10 Feb 2023 18:47

Hi, friend! That sounds great, and it's beautiful to see your honesty and your tenacity. Keep posting and inspiring us all!

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Re: New year, new beginnings
Posted by Geshmak! - 12 Feb 2023 01:50

How's it going bro?!?

#keepwagoning

Warning: Spoiler!

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