

14 days!!

Posted by funbuchur - 02 Nov 2023 04:39

Just finished 14 days. Not stopping here but proud of myself. Dunno where to post cuz this forum is to complicating for me but posting here.

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Re: 14 days!!

Posted by ainshumyeiush - 02 Nov 2023 05:14

This is the perfect spot to post. Keep posting.

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Re: 14 days!!

Posted by ainshumyeiush - 02 Nov 2023 05:14

This is the perfect spot to post. Keep posting. and a huge mazel tov on 14!!!

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Re: 14 days!!

Posted by davidt - 02 Nov 2023 14:46

[funbuchur wrote on 02 Nov 2023 04:39:](#)

Just finished 14 days. Not stopping here but proud of myself. Dunno where to post cuz this forum is to complicating for me but posting here.

You have what to be proud of! Keep it up.

One of the keys to success is recognizing how special each clean day is and to celebrate it correctly...

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Re: 14 days!!

Posted by redfaced - 02 Nov 2023 15:11

[davidt wrote on 02 Nov 2023 14:46:](#)

[funbuchur wrote on 02 Nov 2023 04:39:](#)

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AMAZING!!!

another key to success is to know that you own those 14 days - FOREVER

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Re: 14 days!!

Posted by funbuchur - 02 Nov 2023 17:20

How do I add to the post like post updates. Does this forum not confuse you. Or did I just do that with this post.

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Re: 14 days!!

Posted by Heeling - 02 Nov 2023 17:31

[redfaced wrote on 02 Nov 2023 15:11:](#)

[davidt wrote on 02 Nov 2023 14:46:](#)

[funbuchur wrote on 02 Nov 2023 04:39:](#)

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One of the keys to success is recognizing how special each clean day is and to celebrate it correctly...

AMAZING!!!

another key to success is to know that you own those 14 days - FOREVER

Another key to success is that no matter this forum or that forum, no matter 14 cleans days or 1000 days cleans, this mood or that mood. We love you and are always here for you.

Mazel tov on 14 clean days. Keep on fighting.

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Re: 14 days!!

Posted by Heeling - 02 Nov 2023 17:32

[funbuchur wrote on 02 Nov 2023 17:20:](#)

How do I add to the post like post updates. Does this forum not confuse you. Or did I just do that with this post.

Seems like you figured it out...just hit reply when you want to post and hit quote when you want to quote a post - like i just did.

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Re: 14 days!!

Posted by funbuchur - 05 Nov 2023 04:26

Been having a rough last day and a half almost fell a couple times and feel like I'm going to fall soon. I need advice. I'm 16 days clean. But if It's getting this hard now how am I going to keep this forever

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Re: 14 days!!

Posted by funbuchur - 05 Nov 2023 04:29

Also just saw this live chat thing but it seems like there's another website that it uses for the chat what's the website I have to get unlocked for it.

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Re: 14 days!!

Posted by ainshumyeiush - 05 Nov 2023 04:41

Not sure what you mean about the live chat. But reading the battle of the generation is super helpful for me with changing the way i look at the struggle. Definitely check it out. Its available on the website as an ebook or on amazon for \$10 i think. Or message vehkam for a free copy. You wont regret it.

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Re: 14 days!!

Posted by funbuchur - 05 Nov 2023 13:51

Thanks I found the ebook In the gye library. Will check it out.

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Re: 14 days!!

Posted by funbuchur - 09 Nov 2023 17:51

I'm at 21 days now!! I'm very proud of myself but i feel like the brunout is coming I start forgetting why I'm doing this and the urges get bigger I got so close to a fall yesterday. Just updating. If anyone has motivation or chizzuk plz share.

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Re: 14 days!!

Posted by tp1 - 09 Nov 2023 18:11

[funbuchur wrote on 09 Nov 2023 17:51:](#)

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Nicely Done and good for you!!!

I'm at 16 days on this journey so just getting started myself.

I find what works for me when I'm having urges or bad thoughts is to focus on my goals in life in regards to my marriage and family.

How i would feel if i would catch my son one day doing the same thing.

For me what's worked the most is the change in how i view my relationship with this material.

fell free to reach out if you ever want to shmooze further

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Re: 14 days!!

Posted by toughwarrior - 09 Nov 2023 18:53

just keep reminding urslef that the more and more u hold urself back, the easier it will become
whereas if u fall it might be nice for that one moment but ur journey to start over (which is going
to happen because every time we fall we have regrets and eventually we start over) is going to
become that much harder

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