

14 days!!

Posted by funbuchur - 02 Nov 2023 04:39

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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 funbuchur - 19 Sep 2024 15:31

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Day 19

on the one hand 19 days feels like a lot but on the other hand it didn't feel like 19 days this time is different I know if I have a strong urge I have somewhere to turn to help defuse it and I know I can do it and I don't Need this shmutz at all. I'll be totally fine if I don't look...

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Re: 14 days!!

Posted by odyossefchai - 19 Sep 2024 16:51

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Hi,

I read through all 16 pages!

I wish there was a way to get rid of this yetzer harah.

I haven't cracked the code yet.

I don't know if it will be possible untill we are serious numbers into the streak. Seems to be that the early goal is 90.

However I did notice something.

You seem to go on streaks of 15,20,30 days, I even saw a 60 day streak.

Just think to yourself, when was the last time you went that many days consecutively, clean.

I would imagine it was a long time ago.

Think to yourself that you can have falls, but there are very often 20-30 days in-between them.

I believe that is a tremendous accomplishment.

3 weeks ago, I couldn't go 12 hours without falling.

Now I'm on my 19th day.

I feel that there is some hope.

I also reached out to HHM and spent a lot of time with him.

I'm also reaching out to other members of the group.

Don't give up.

Do 20 days, then another 30, then 20 then maybe you can hit 50 or 60.

And if you fall, just repeat.

Never give up.

Look at some of the people here who's lives were a disaster before they fixed themselves.

Any time you feel the beginning of a fall, (once you are a professional like me with 20 years of experience, you can usually smell them coming from 40 miles away) reach out to your friends here who are rooting for you, who are believing in you. Who cares about you, who you can talk to in a way that maybe no other person can.

DONT GIVE UP.

TRY TRY AND TRY AGAIN.

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Re: 14 days!!  
Posted by proudyungerman - 19 Sep 2024 16:59

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[funbuchur wrote on 19 Sep 2024 15:31:](#)

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Love this post!

This is the stuff of true growth...

KOMT!!

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Re: 14 days!!  
Posted by funbuchur - 23 Sep 2024 01:35

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[odyossefchai wrote on 19 Sep 2024 16:51:](#)

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Wow read the whole thread!. Hope it didn't bore you.

I'm sure you already read all the ups and downs. Hopefully soon you'll read about reaching the summit.

Thank you.

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Re: 14 days!!  
Posted by funbuchur - 23 Sep 2024 01:38

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Day 22

I've had a lot of streaks of different amounts some times even pretty long streaks but most of the time I had in the back of my mind that I will fall eventually. I think that was one reason why I couldn't do it, I didn't have the confidence that it was actually possible. Even through the streaks I saw on the horizon a big urge with no escape route I knew it would come eventually. This time I'm not scared I'm equipped with people to call and help defuse the situation.

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Re: 14 days!!  
Posted by odyossefchai - 23 Sep 2024 03:27

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[funbuchur wrote on 23 Sep 2024 01:35:](#)

[odyossefchai wrote on 19 Sep 2024 16:51:](#)

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Wow read the whole thread!. Hope it didn't bore you.

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Thank you.

Absolutely did not bore me.

I'm seeing a lot of my own struggles in other people's stories.

I'm fascinated by your strength and resilience. It's easy to fall, but it's not easy to keep getting back up when you don't always have the strength. But you seem to know how to get up no matter how many falls.

Don't stop getting up after falls.

KOT

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Re: 14 days!!  
Posted by funbuchur - 01 Oct 2024 21:08

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Day 31!!

Thought I should share that yesterday was day 30 very big accomplishment.

starting off ????? in the right way. Hopefully I can keep this up and keep on going from strength to strength. Thanks for everyone here a big help in more ways than you can imagine. Ok you probably can imagine.

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Re: 14 days!!



Posted by funbuchur - 15 Oct 2024 16:39

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Day 46,

The first month of this part of my journey was elul, had a normal schedule and was starting off strong didn't have time in my schedule to fall, was always around people, and made sure to have a structure to my day which led to an easier time.

Now that it's tishrei every day is something new, flying, eating, fasting, building, running around, sitting bored. I've had a rougher time, didn't fall, but a few close calls. I'm not sure the solution because making a schedule isn't so possible being that I'm a bucher at home doing a bunch of random things. I'm starting to watch the vayimaen video every day because I need a little more chizzuk. Don't think that enough but at least it'll help a bit.

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Re: 14 days!!  
Posted by proudyungerman - 28 Oct 2024 16:17

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How are you doing?

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Re: 14 days!!  
Posted by proudyungerman - 01 Jan 2025 14:23

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How are you doing, my friend?

We want to hear from you!

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Re: 14 days!!  
Posted by funbuchur - 20 Jan 2025 21:59

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Sorry for not posting for a while. I was doing great had 50+ day streak going and everything was smooth. I had a fall for many reasons all the triggers aligned and that fall really messed me over was too upset to do anything about it. I know in truth it was one fall and I coulda got up right

away but I didn't, I fell a bunch of times over the next month and a bit and now my yetzer haras telling me I just don't have it in me to beat this. Maybe there are two types of people, those who have the drive and will do whatever it takes and those who just don't and will struggle forever. I don't think I'm ready to do whatever it takes to get rid of this. I probably should have continued to post because from my experience even if I fall if I'm posting I still have encouragement and I'm still in the fight. Once I'm not posting or speaking to anyone i don't stand a chance. Thats the ramble. Bikitzur I'm back and I'm Bez"h going to be posting updates. I'll do my best and anyone with chizzuk or advice feel free to reach out.

Day 1 ?? ???

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Re: 14 days!!

Posted by proudyungerman - 22 Jan 2025 01:47

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[funbuchur wrote on 20 Jan 2025 21:59:](#)

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Day 1 ?? ???

So good to see you back!!! It makes me happy to see you pick yourself up and start fighting back. Again.

A small point, I think the red and bold are a direct contradiction.

I think the red is the ???? and I think you do too...

You may not have worked up the courage and strength to do what ever you need to...yet.

My phone is ready for your call that time when you WILL have the courage and strength to reach out.

KOMT!

Lookin' forward to seein' great stuff from you!

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Re: 14 days!!  
Posted by funbuchur - 23 Jan 2025 04:34

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Day 3 so far been having some strong urges but once I posted here I feel like I can't fall already. Still working up the courage to reach out.

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Re: 14 days!!  
Posted by vekiveisilo - 23 Jan 2025 04:39

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You definitely **do** have it in you to beat this! Many, many others (myself included) have felt the way you feel, after going through a period of success but then falling - but then went on to discover that they really are capable of conquering the nisayon, with long-lasting results they never would have dreamed of. The forums are full of such stories. Just keep going and fighting and don't give up. (And stay in touch! Was concerned about you) You'll get there b'ezras Hashem.

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Yekusiel

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