

The journey

Posted by JARES90 - 18 Jun 2024 01:26

I keep having setbacks and I really need accountability. Therefore gonna try to post a daily update starting tom on my journey to 90. Really hope you guys can be there along the way to offer chizzuk and advice. This is the only thing I can think of right now to keep me from falling into depression about my latest fall

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Re: The journey

Posted by upanddown - 01 Sep 2024 07:31

[JARES90 wrote on 01 Sep 2024 06:29:](#)

Alright we're back day 1. After 50+ days had a fall. Gonna get back up but the falls always happen at the worst/unexpected times just when u think you're in the driver seat. Very frustrating. But what can I do. Gonna try to stay strong and post daily. Feel free to chime in. Thanks

These are words of a real fighter!

You're an inspiration!

Keep going... we're here to support you in your journey

Just a short thought I had over shabbos that's punkt nogea to your post:

??? ????? ????? ???

The number 7 is known to be a number symbolising ???. (Vs number 8 which is ??? ??? ?????.)

It seems that as long as a person is within the framework of ???, even for a Tzaddik falls are very normal. The main thing is that he gets right back up. Only if a person reaches a life of ??? ??? ????? which is perhaps a life where he's only busy with torah study, tefilla and mitzvos, then he can be less concerned about falling... but for most of us who are still within the ??? framework, we must be on guard at all times.

Just a Hargasha... i wonder if anyone is maskim to the vort...

Keep fighting brother... you're awesome!

Much Hatzlacha,

UpAndDown

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Re: The journey

Posted by Muttel - 01 Sep 2024 09:25

Just remember that Hashem knows how many clean days you have, even with your counter set to 1.

Warning: Spoiler!

Falls are tough, no doubt about it. You'll get back up, and restart with a drive, I know it!

Keep your chin up buddy, you'll get through this....

Muttel

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Re: The journey

Posted by JARES90 - 05 Sep 2024 05:52

Day 3: last couple days have been ok. Desires are bubbling under the services. Trying not to indulge.

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Re: The journey

Posted by Muttel - 06 Sep 2024 01:39

Do you have anything that would serve to bestir lust? Triggers? Cutting those out may help ease the inner squeeze...

Here's wishing you success to keep trucking!

With a heart full of brotherly love,

Muttel

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Re: The journey

Posted by upanddown - 06 Sep 2024 11:52

[JARES90 wrote on 05 Sep 2024 05:52:](#)

Day 3: last couple days have been ok. Desires are bubbling under the services. Trying not to indulge.

I've got a feeling that you're still disheartened about the fact that you had that accidental fall and that you're back at the beginning of counting...

Just remember who you really are: **You're a real fighter**. You have built up tremendous skills over the past half year, you had a few long streaks. Really you should be counting this as day 60 or similar... because that's where you're really holding. The fall was an accident, you might have fallen on the outside but in regards to all that you've worked on, your Pnimiyus, you've not fallen at all..

Keep that in mind and stay strong!

You can do it!

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