

From 34 days to zero

Posted by kvsk - 03 Feb 2025 18:22

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I was doing good and feeling strong. Then I met my family and friends. It made me feel sorry about myself and feeling bad. Next day I made a worst thing and opened my computer and one thing led to another until the counter was back to zero. I learned I must be extra careful after meeting my family and being alone after that. When I peek once I can't control myself anymore. The pull is too strong. I just need to start over again where I was before set back. All the best everyone!

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Re: From 34 days to zero

Posted by cleanmendy - 03 Feb 2025 21:08

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Amazing that it didnt get you down. Good for you.

Also that you realized that the trigger was being alone is so important to protect yourself in the future.

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Re: From 34 days to zero

Posted by altehmirrerr - 04 Feb 2025 05:00

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[kvsk wrote on 03 Feb 2025 18:22:](#)

Then I met my family and friends.

Don't forget you always have our friendship!

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Re: From 34 days to zero

Posted by pomegranate - 04 Feb 2025 06:28

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Hi, I can really relate.

I benefited from Rabbi Shaifer's point that although the counter is back to zero, the journey isn't, it's more like a dieter who lost 10 lbs and then put on 1lb.

Let's both keep going!

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