

Let's give it a shot

Posted by sytv2002 - 11 Mar 2025 17:01

Hey everyone. I'm going to try something new. I will commit to commenting on here every day for 90 days. I've already fallen today so starting tomorrow will be day 1. Do I think I can get to 90 days clean? Not really no. Not at all actually. But let's see what happens. But win or lose, I'll give a daily update. Would love all to join me.

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Re: Let's give it a shot

Posted by chaimoigen - Yesterday 16:31

[sytv2002 wrote on 21 Apr 2025 05:13:](#)

Oy... just oy.... It's crazy how I could have such a big win earlier today, when I got hit with a big urge while in the bathroom- and said "NO!" And stayed clean, and then motzei YT I fall apart and the urge wins. With P. **It wasn't even an urge. Just some robotic feeling that I "MUST" act out.** Like I didn't have a choice. So I poke. And then I find something which naturally gives me an urge; to which I act out on. Happy for my 3 (almost 4) clean day streak... onward we fight.

Oish. That hurt. Here's a warm hand...

Was there a situation that triggered the feeling you described above? That made you feel you "needed" to find something to act out to?

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