

Trying to get to 180

Posted by what up - 21 Mar 2025 04:19

This is my first post.. 155 is my streak, Trying to beat it between now and Elul. I've struggled for years, have great weeks then fall. Constantly one and off. I want to get to the next level. If you've been here and got past please share how you did.

Thank you

=====
=====

Re: Trying to get to 180

Posted by amevakesh - 21 Mar 2025 04:31

Welcome brother to the forums. The way to beat it is by not making it about the streak. It's more about cleaning up internally. Stick around the forums, read through the threads. There's loads of wisdom on the pages of these forums. Tons to learn, patterns of thought that can be rewired. What worked for one guy, won't necessarily work for another. One of the threads that I personally found enlightening, is this one <https://guardyoureyes.com/forum/19-Introduce-Yourself/402361-Raboisai---Im-Living-Real%21>, but there are many out there that have lots of great content. Read, write, connect and reach out, those are the basics that work for a lot of the guys I know. KOMT!!!

=====
=====