

Starting my journey!

Posted by TiredOfFalling - 11 Mar 2010 10:08

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After having recently cut off internet access to my phone, I officially have no access to explicit internet material. While I still had access, trying to stay clean for 90 days was virtually impossible. Now that I'm cut off, I feel that it is appropriate for me to start my 90 day journey.

I anticipate that this will be a real struggle for me. I want to keep my progress posted on the forum, so that i get chizuk, and so that I won't want to let you all down.

Wish me siyata dishmaya! This is day 1!

TOF

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Re: Starting my journey!

Posted by Eye.nonymous - 11 Mar 2010 13:47

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1 day at a time.

Good luck!

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Re: Starting my journey!

Posted by Steve - 12 Mar 2010 05:32

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THAT'S the spirit!

You can do this, but you can't do it alone. Stay here on the forum, not just to GET chizuk, but to GIVE IT OUT AS WELL. It's a great way to GET OUT OF ISOLATION, and also to DO CHESED for others, and build up your belief in yourself as the GOOD PERSON you really are. The better you feel about yourself, the less you will feel a need to fall.

Beracha V'Hatzlacha!! One day at a Time.

have a GREAT SHABBOS!!

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Re: Starting my journey!

Posted by TiredOfFalling - 12 Mar 2010 05:37

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Thank you steve for your chizuk! Day 2 has arrived. I have not fallen yet. I will try to keep myself busy.

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Re: Starting my journey!

Posted by Steve - 12 Mar 2010 05:54

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GOOD LUCK TOF, and Mazal Tov on completing day 1.

There's another guy just starting out again, called BS D, his thread's called "After a time I'm Back again" or something like that.

I just posted an idea there for him that would be good for you, too. "Speck It Out" if you have the chance.

Alzo, since you both are beginning new counts at the same time, why not become partners and give eachother chizuk. You can make a deal - you'll daven for his, hatzlacha in staying clean, he'll daven for yours, and that way YOU'LL BOTH BE NE'ENAH TECHILAH!! (Hashem can do anything!!)

good nite, and have a Great Shabbos, again!

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Re: Starting my journey!

Posted by zalmandovid - 12 Mar 2010 06:30

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Hey Tired.

Nice to see you are starting the 90 day journey. It can sometimes seem like such an impossible goal to reach. I myself just started out recently on my path to 90. You are definitely worth it. You can make it, and Hashem is on your side every moment. You are in the right place. Drink it all in

Your friend

Zalmandovid

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Re: Starting my journey!

Posted by TiredOfFalling - 12 Mar 2010 08:05

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I fell! and I only made it to day 2!

and be all you can be!

This is pretty pathetic. The thing is, I just cut off internet connection really recently, the shmutz is still fresh in my mind, and I'm not sure how I'm supposed to be shomer habris right after having been totally immersed in the shmutz.

however, I will try again. I want to make sure I post all of my failures and successes on the forum.

If I fell today, does that make today day 1 or day 0?

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Re: Starting my journey!

Posted by BS D - 13 Mar 2010 21:24

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Hi TO"F

i really understand what you are going thru i also just started and had a three day break and then just fell. Worst of all this is not the first time this has happened!

So what do i do?

Well i think i just like to forget the past- i know it can be hard especially if u have just fallen but i find if u get back up straight away u get extra syata dishmaya. I also try to make myself feel better by trying to do some extra mitzva or to give some tzedoka which makes myself feel better and helps me forget my negative actions.

i'm starting a new count now and i'm happy to be partners as steve suggested.

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Re: Starting my journey!

Posted by TiredOfFalling - 14 Mar 2010 03:11

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Ya you wanna be partners? That would be great. How does that work?

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Re: Starting my journey!

Posted by DovInIsrael - 14 Mar 2010 16:01

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OUTSTANDING!!!

forget about 90 days -

just do DAY-ONE 90 times...

you can do it!!!

Dov In Israel

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Re: Starting my journey!

Posted by BS D - 14 Mar 2010 16:12

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How does it work?

I've no idea!

I guess we just give each other some good chizuk and advice?

Perhaps we can daven for each other?

Well my advice for the day is to read the collection of emails that are called the first day of my life. I really find them very inspiring and they have great battle plans!

don't forget we are just soldiers on this battlefield, when we feel we are running out of ammo just give a shout to our 'General' - Hashem who will then provide us with anything we need for our fight, coz after all we are fightin His milchoma against the y"h!

Hatzlocha rabo and remember we will beat this y"h together!

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Re: Starting my journey!

Posted by BS D - 16 Mar 2010 00:07

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How u doing TOF?

I fell today but b"h i'm doing much better.

How about yourself? KIT!!

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Re: Starting my journey!

Posted by TiredOfFalling - 16 Mar 2010 01:43

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I fell yesterday so this is my day one. I guess i just have to try again!

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Re: Starting my journey!

Posted by bardichev - 16 Mar 2010 02:20

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Keeeeeepontruckin!!

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Re: Starting my journey!

Posted by zalmandovid - 16 Mar 2010 19:44

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Hey tired,

how are you?

hope all is well?

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