

90th Day bh and KVT

Posted by andrewsh - 28 Sep 2011 12:19

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Bh i have completed 90 days as of today, erev rosh hashonah! As i went into the mikva i prayed that this will be the start to a much longer journey. I could have not done it without you all, and this community, but especially 2 of you. I will try not to focus on the one or two slips i had on the way and just be proud that i made it here, although I feel sick about approaching rosh hashonah with what actions i did before the 90 days started!

I wanted to wish you all a Kesivah Vchasimah Tovah, may you have a clean year, a year where you reach hights that were unimaginable till now. May you be a chizuk for this community and your family. May you be healthy and happy, and may Hashem forgive us for all our sins, but not through any punishment, but acceptance of our teshuvah. May you have much nachas from your families, and may your wives help you in your journey, whether they know or not!

I really hope and pray that I can write next year that I have been clean the whole year, although i seem to be having doubts which is upsetting me. The phone has to stay out the bathroom, that is lesson one i think for me, anyway have a good yom tov all.

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Re: 90th Day bh and KVT

Posted by alexeliezer - 28 Sep 2011 13:32

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[andrewsh wrote on 28 Sep 2011 12:19:](#)

I really hope and pray that I can write next year that I have been clean the whole year, although i seem to be having doubts which is upsetting me.

Thanks for sharing your success with us. Mazal Tov! You're right. 90 days is just the beginning. There will always be challenges and surprise attacks. I still feel today that I'm just one glance away from the other side. So I keep taking it one day at a time. That's all we're ever asked to do. Never ever let your guard down.

KVT

Alex

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Re: 90th Day bh and KVT

Posted by ZemirosShabbos - 28 Sep 2011 14:39

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great to hear, andrew!

wishing you continued success in staying out of trouble and focusing on the present and never getting overconfident

ksiva vechasima tova

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Re: 90th Day bh and KVT

Posted by kidushashem - 02 Oct 2011 00:17

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One day at a time. Don't think about a year. Think about right now.

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Re: 90th Day bh and KVT

Posted by ninetydays - 02 Oct 2011 03:20

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Mazal Tov. As it says in the welcome package it take 90 days to break an habit. Mazal Tov you broke it. While you still need to take one day at a time hopefully these days it will be easier for you.

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