

Help! I fell off my 90 day chart!

Posted by Humpty Dumpty - 24 Oct 2011 15:38

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I can't believe i'm out!

Boruch Hashem, I'm still in the middle of my longest period ever without MZ"L (48 days. The most i managed in the last ten years was a month some two years ago), but i did mast\*\*\*\* (without MZ"L) yesterday. I think according to the rules that means I've got to start again.

I am crushed! I thought that this time it would last, once and for all. I thought, I will be on GYE giving everybody chizuk based on my success story (really I can still do that with, after all I'm still clean with regard to MZ"L), but now I'm feeling that it's just hitting me back in the face. I'm afraid it's the beginning of the end of my 'chizuk time'.

you'll say that I shouldn't think that way, but the whole reason that I mast\*\*\*\* was because, I'm finding the struggle harder every day. I'm hoping that once I get back into routine now after yom tov, things will get better.

I feel like a ticking time bomb, and don't know what to do

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Re: Help! I fell off my 90 day chart!

Posted by DovInIsrael - 24 Oct 2011 16:28

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welcome to being HUMAN!

here's what to do, next:

1. pick yourself up
2. dust yourself off
3. start climbing again

feel free to stop and enjoy the scenery, smell the flowers, and acknowledge the wonderful world which was created for YOU to enjoy !

dov.ii

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Re: Help! I fell off my 90 day chart!  
Posted by tehylimzugger - 24 Oct 2011 16:47

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where there's a will there's a way  
maybe u should change ur name 2 willgetin

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Re: Help! I fell off my 90 day chart!  
Posted by gibbor120 - 24 Oct 2011 20:12

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First of all WELCOME!

Second of all, Keep On Truckin (or KOT as they say here). Some might even say Fell Shmell  
Keep on Truckin or FSKOT. Appreciate the success you *did* have.

Finally, what are you "doing" to stay "sober". Raw willpower will *not* cut it. Not for long anyway.

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Re: Help! I fell off my 90 day chart!  
Posted by wishing for the real me - 24 Oct 2011 20:19

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Only the **supper human** can come on here stay sober without a slip and give chizuk to  
everyone else.

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Re: Help! I fell off my 90 day chart!  
Posted by bardichev - 24 Oct 2011 20:22

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smile

you are Human

keep on trucking!!!!!!!!!!

just don't stay down!!!!!!!!!!

bounce right back!!!!!!!!!!

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Re: Help! I fell off my 90 day chart!  
Posted by wishing for the real me - 24 Oct 2011 20:25

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He's right.

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