

Today Is Going To Be a Great Day

Posted by Oyyvey27 - 03 May 2013 15:42

That's right today not tomorrow not yesterday but today.

I'm not going to think about past falls.

I'm not going to think about future challenges.

I won't use the regret and depression about the past for a excuse for now.

I won't use the fear of the greatness of the challenge of the future for a excuse for now.

Now and right now is a big enough challenge for me.

Now and right now I need to make sure I'm not feeding my addiction but slowly killing it.

Now and right now I need to win this and only this battle.

If I win this battle I have WON what happens later and what has happened in the past is its own story

But this! Now! Here! I'm going to win

And here's my attack plan

- 1) I will try to keep away from triggers today
- 2) I will pray to Hashem for strength
- 3) I will remember that Hashem is here with me and loves me
- 4) I will read some of the GYE handbook
- 5) If I fell myself falling I will tell myself not now wait 5 minutes, wait 10 minutes and will try to turn my attention to a daver shel kedushah.

YES, TODAY IS GOING TO BE A GREAT DAY!!!!!!!

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Re: Today Is Going To Be a Great Day
Posted by moish u.k. - 03 May 2013 16:10

Here's to today....!

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Re: Today Is Going To Be a Great Day
Posted by Oyyvey27 - 03 May 2013 18:01

[moish u.k. wrote:](#)

Here's to today....!

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(so may i wish you a good shabbos?

allways!

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Re: Today Is Going To Be a Great Day
Posted by Chachaman - 03 May 2013 19:49

I try not to worry about today, I try to worry about the current 5 minutes. Today is too big of a

But yeah, you are totally right. Keep going strong!

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Re: Today Is Going To Be a Great Day
Posted by Oyyvey27 - 03 May 2013 21:08

True chachaman vet true

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time period