

accountability update

Posted by TG - 22 Apr 2021 16:30

Hi,

?Only made it 10 days this time (fell to both).

Not having such great streaks.

Posting for accountability

thanks

Tg

?tgrehab@gmail

seems like 8 or so lost days since sept

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Re: accountability update

Posted by EvedHashem1836 - 22 Apr 2021 21:34

Its gonna sound cliché but its not about the length of the streaks don't beat urself up over it. Its such an obvious yetzer hara tactic (this is not my own idea I believe either Rabbi Shafier said it or it was in the battle of the generation, which means either way rabbi shafier probably said it lol) that you wanted to act out so many times and convinced yourself and rationalized that its really not so bad whats the big deal just this one last time and then as soon as you do it all of a sudden it is the worst thing in the world and you beat urself up how the heck did you do that...

The yetzer hara is trying to screw you over. Don't let him.

Get right back up! Most of us have been in the area you are (I can't vouch for everyone so ill vouch for myself). Me personally for maybe a year or so I kept getting to 4-10 day streaks and kept falling until at a certain point I realized theres no miracle solution and I just gotta change this otherwise it will never go away it won't go away through marriage or once your 50 or 60 or whatever so you gotta just pounce on it now nothing will change so win now to give yourself a better life!

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Re: accountability update
Posted by TG - 29 Apr 2021 05:33

Hi,

thanks so much!

anywau to convo via email?

mine is tgrehab@gmail thanks!

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Re: accountability update
Posted by EvedHashem1836 - 30 Apr 2021 04:00

Its a bit of a tircha for me id sooner chat or private message over here but if thats what you want to do we can do it

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Re: accountability update
Posted by TG - 03 May 2021 14:00

Hi,

much easier for me that way is that's ok with you

tgrehab@gmail

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Re: accountability update
Posted by Shaul5781 - 03 May 2021 15:13

Hey! You can send me a pm too if you want to talk!

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Re: accountability update
Posted by TG - 03 May 2021 15:17

Hey, would be great to talk!

Can you speak via email?

im tgrehab@gmail.com

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Re: accountability update

Posted by EvedHashem1836 - 03 May 2021 21:25

Sorry wasn't on my game didn't see this sure ill send you an email

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