

single and Clean

Posted by 1084 - 19 Mar 2023 03:44

---

Hi, are there any single GYE members who've for the most part are completely clean from M?

For myself, my average struggle has been somewhere between 3-4 per week, without Pas Bisalo I'm wondering if it's possible to be abstinent on a regular more permanent basis?

I would love to hear feedback from my fellow single GYE chevra

=====

Re: single and Clean

Posted by Vehkam - 19 Mar 2023 06:22

---

[1084 wrote on 19 Mar 2023 03:44:](#)

Hi, are there any single GYE members who've for the most part are completely clean from M?

For myself, my average struggle has been somewhere between 3-4 per week, without Pas Bisalo I'm wondering if it's possible to be abstinent on a regular more permanent basis?

I would love to hear feedback from my fellow single GYE chevra

It is possible. You need to believe that to be successful

=====

Re: single and Clean

Posted by jackthejew - 19 Mar 2023 17:04

---

about 1 and a half years for me Bsiyata Dishmaya Ken Ayin Horah

=====  
=====

Re: single and Clean

Posted by 1084 - 19 Mar 2023 17:17

---

wow that's amazing!!! how'd you do it?

=====  
=====

Re: single and Clean

Posted by imfree - 24 Apr 2023 22:44

---

Over 600 days clean for me. You can do it

=====  
=====

Re: single and Clean

Posted by EccentricComposer - 25 Apr 2023 00:04

---

Amazing!

=====  
=====

Re: single and Clean

Posted by Emes-a-Yid - 25 Apr 2023 05:23

---

62 days for me

=====  
=====