

Help

Posted by iamvayimaen - 22 Aug 2023 23:49

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I went for 126 days straight. Got too confident, and I fell last week. I can't seem to break free and get back up. I can't believe I am falling in Elul. It seems hopeless. I can't believe I won't be coming into rosh hashana with a solid record. I need some help getting up this time. I'm looking for any suggestions.

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Re: Help

Posted by themakabi5783 - 23 Aug 2023 01:10

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Wow congrats on that streak!! I'm currently at 32 days so many of us are struggling to hit the 90 day mark we look up to you & wish we can be like you! Obviously never falling again is the goal for all of us however assuming you've been struggling with this for a few years how would comparing the amount of times you fell the last few years to this years? Looking at yourself now are you closer to considering yourself free from p&m than a year ago or further? You are coming into Rosh Hashana with a 126 day streak! When was the last Rosh Hashana you were able to say that?

keep it up you did great brother & now with your refined plan & being smarter as to what may have caused your fall your even stronger & better prepared for your new streak which I wish you should last a lifetime!

rooting for you!

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Re: Help

Posted by bright - 23 Aug 2023 01:51

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[iamvayimaen wrote on 22 Aug 2023 23:49:](#)

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Congratulations on your streak! You will be coming to Rosh Hashana with a major accomplishment! You are a different person having lasted that long. Dont obsess about the streak its not baseball. If at the begining someoe would have told you i can help you limit doing this behavior to 3 times a year you would have paid a million dollars! Of course we have to learn from our mistakes but make sure to also revel in our accomplishments. Hashem is proud of you!

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