

Getting back up again

Posted by yirtzahhashem - Yesterday 08:08

---

262 days clean! 1 fall and now tomorrow is **Day 1** of my new streak that will be much longer and much better!

=====  
=====

Re: Getting back up again

Posted by hopefulposek - Yesterday 12:30

---

HHatzlachah! You don't lose what you gained during that time of cleanliness, keep growing and you're doing great! It might help not to focus so much on the streak, but you have to find what works for you. In any case, hatzlachah!

=====  
=====

Re: Getting back up again

Posted by balancedfox70 - Yesterday 14:43

---

**262 Days clean!** Wow that's amazing! You should be dancing in the streets knowing what you accomplished and what you can accomplish!

What has worked for you to get that far?

All the best.

=====  
=====

Re: Getting back up again

Posted by iwillkeepmybrith - Today 14:02

---

I read something very interesting, it's a speech by Rav Abergel who said that in spirituality we don't see failure and success but each step forward is a success in itself. You had 262

successes and that's huge for that you should jump dance celebrate that. It's huge and I'm sure that you didn't go back because of the fall, I'm sure that the you of today is no longer at all the same as the you of 262 days ago, you accomplished something extraordinary and today you know that you can do it again. You fell it doesn't matter, it happens. But you are no longer the same person and that proves that it is not a failure

=====  
=====

Re: Getting back up again  
Posted by proudyungerman - Today 14:36

---

[yirtzahhashem wrote on 22 Apr 2025 08:08:](#)

262 days clean! 1 fall and now tomorrow is **Day 1** of my new streak that will be much longer and much better!

The positive attitude will take you places!

KOMT!!

(Just one question, if I may. What was the reason for the fall? What can you learn from it going forward? Was there a specific trigger?)

=====  
=====

Re: Getting back up again  
Posted by yirtzahhashem - Today 16:16

---

262 days clean!! 1 fall. Today is day 2 on my road to real freedom.

=====  
=====

Re: Getting back up again  
Posted by yirtzahhashem - Today 16:20

---

## **GYE - Guard Your Eyes**

Generated: 23 April, 2025, 18:18

---

This thread is my first time being active on the forum here. I am going to put down in writing some of my journey and think that by utilizing the amazing chevrah here on GYE I'll be able to truly change, and be free.

=====  
=====

Re: Getting back up again

Posted by balancedfox70 - Today 17:48

---

Looking forward to hear about your journey.

Have you ever attained an accountability partner since you joined Gye? I found that to be very effective.

Hatzlocha & All the best!

=====  
=====