

2 weeks clean

Posted by yackov - Yesterday 15:42

Hi, I just want to celebrate for a few seconds for the first time in a few months I managed to go 2 weeks clean. Thanks God. Although I have fallen twice in the last 3 days. Thank you for All those that are on the, you are my inspiration. I want to bless all those struggling that they should be healed from this.

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Re: 2 weeks clean

Posted by mountainclimb - Yesterday 15:53

Amen. And mazel tov. May Hashem give you peace, intelligence, strength and happiness, and may you have a very happy, enjoyable shabbos.

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Re: 2 weeks clean

Posted by mesayinoso - Yesterday 16:00

Amazing!!

I'm so happy for you!

I remember (Pretty recently) when I hit my first week clean and then 2 etc after not going more than a few days clean in the last year or so and not more than a week in the last few years, it feels amazing!

But it's not very Geshmak to fall after all that, I always struggle with focusing on the times that I *didn't* do it as opposed to the fact that I *just* fell.

The YH really tries to get me on that one, that's basically his main tactic.

Get up and keep going! I'm inspired that you're able to celebrate **after** falling.

Don't just celebrate for a "Few seconds", be excited! You did 2 weeks! You're a tzaddik!

Get yourself a chocolate bar or something, make a L'chaim!

Hatzlocha Rabba!

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Re: 2 weeks clean

Posted by yackov - Yesterday 20:14

Wow! Thank you guys so much. I relate a lot to that the y,h, making us focus on the falls etc. (definitely will have a few l'chiam's) you should all have a wonderful and happy shabbos!

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Re: 2 weeks clean

Posted by goal2beabainoini - Yesterday 20:46

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with regards to having difficulty seeing the big picture, two things that I find can be helpful. One is to have a pocket size calendar that I marked down which days were good or not(and a few more detail details,) second is to use the progress tracker on the app in addition to being able to see your streak. You can also see how many days out of the past seven or the past month and the past 90 days and six months were clean

and then besides for working on my streak, I can see what percent of days were good and try to steadily climb that up a little

it can feel pretty good to see the percentage is going up overtime showing that you are winning 50% of the time 60% of the time 70%, 80%, 90% and BH

100%,

!Wishing everyone a great Shabbos

let's keep on fighting

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