

Today Thursday was the last time in my life!!
Posted by lasttimewasfriday - 15 Aug 2025 04:27

Hi guys i hope you are doing well i just wanted to let everyone know that TODAY WAS THE LAST TIME IN MY LIFE THAT IT HAPPENED!!! I will fight back like a lion!!! I will Fight!! Fight!! and Fight!! the actual thing that i am still fighting after all of those setbacks shows that i will win the fight at the end!. It will be hard but if hashem sent it to me he knows that i could fight back and win!! hashem only sends nisyonas to people who could win it.

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Re: Today Thursday was the last time in my life!!
Posted by goldwings - Yesterday 14:51

KEEP IT UP!!

It's totally normal and healthy to experience burnout, keep on going, you're getting stronger day by day and **you're making us all stronger!**

Your posts are all to the point and **full of life!**

you know where you're headed and you're getting there, keep up the good work!

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Re: Today Thursday was the last time in my life!!
Posted by jubilantotter93 - Yesterday 15:09

Great

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Re: Today Thursday was the last time in my life!!
Posted by lasttimewasfriday - Yesterday 22:43

Day #10

Last night i had my strongest urge since the beginning of the journey it was very very hard but B"H i was able to let it pas by like a small wave.

Throughout the day today i had a couple of urges but nothing major, every time a nisoyan came to my mind i remind myself that i will have to post on GYE at the end of the day and i don't want to have to write that i had a fail.

Giving after your urges even just a little bit wont help you but it will do just the opposite it will make the urge grow even more it is like someone that is alcoholic in a rehab and he decides that he will only drink one shot and that's it for the day that shot wont quite down his desire for more alcohol it will do the opposite it will make him want more alcohol, the same thing is with those urges when you give after it just a little bit you are like that former alcoholic in the rehab that only want to take one small shot but it ends up in causing him to become a real alcoholic again.

"You don't beat this for others—you beat it for the man in the mirror, the one who knows he's capable of more."

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