

chizuk - first time on forum

Posted by eny - 20 Jul 2015 04:36

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Shalom

This is my first time on this forum - I so appreciate the opportunity for chizuk - I'm on day 34 of my 90 day challenge and yesterday realized that it'll be so much more realistic to maneuver the ups and downs of this challenge with the chizuk of a community.

We should all be blessed with siyata diShmaya

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Re: chizuk - first time on forum

Posted by serenity - 20 Jul 2015 04:43

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Welcome to the forum! Glad to hear that you are doing well. There are links for the Newcomer in my Signature below.

Hatzlacha!

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Re: chizuk - first time on forum

Posted by cordnoy - 20 Jul 2015 04:46

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Welcome

there are links for the new fellows in Serenity's signature above.

b'hatzlachah

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Re: chizuk - first time on forum

Posted by AlexEliezer - 20 Jul 2015 13:22

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34 days is huge!

What are you doing that's working?

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Re: chizuk - first time on forum

Posted by fulfillinglife613 - 20 Jul 2015 13:27

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Welcome!

I have found the Forum to be an incredible source of chizuk and an invaluable tool to help me stay clean.

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Re: chizuk - first time on forum

Posted by abd297 - 20 Jul 2015 14:10

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Welcome, eny. There are many great resources available on this site. Just find what works for you. You'll get to meet some really great guys. We all can relate to what you are going through. Keep it up and keep us posted. KOP

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Re: chizuk - first time on forum

Posted by mggsbms - 20 Jul 2015 14:32

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Welcome ! Would love to hear what's working for you 34 days is nothing to sneeze at

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Re: chizuk - first time on forum  
Posted by gibbor120 - 20 Jul 2015 19:41

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WELCOME! We look forward to hearing more from you.

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Re: chizuk - first time on forum  
Posted by eny - 19 Aug 2015 19:16

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just saw this after a month (new to maneuvering the forum, sorry for not responding earlier). Am on my second one day.

now am working hard on really taking one day at a time and not taking anything for granted. Realize that we need real siyata dishmaya for anything and everything.

filter is a big deal.

lack of secrecy is big

community is big

this ninety day idea - rewiring our brains properly - is something I hope we all are able to be successful at

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Re: chizuk - first time on forum  
Posted by Bigmoish - 19 Aug 2015 19:21

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To clarify something often discussed here:

90 days clean doesn't have magical powers to rewire your brain, especially if, like some of us, you've been lusting for 10, 20, 30, 40, or 50 years (or more).

It's a great way to start breaking the habit, but an addict will require a much more concrete and long term plan of recovery.

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Re: chizuk - first time on forum  
Posted by cordnoy - 19 Aug 2015 19:55

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[Bigmoish wrote:](#)

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90 days clean doesn't have magical powers to rewire your brain, especially if, like some of us, you've been lusting for 10, 20, 30, 40, or 50 years (or more).

It's a great way to start breaking the habit, but an addict will require a much more concrete and long term plan of recovery.

It does assist in the long run, but it is not a program in itself.

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Re: chizuk - first time on forum  
Posted by eny - 20 Aug 2015 05:08

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[Bigmoish wrote:](#)

To clarify something often discussed here:

90 days clean doesn't have magical powers to rewire your brain, especially if, like some of us, you've been lusting for 10, 20, 30, 40, or 50 years (or more).

It's a great way to start breaking the habit, but an addict will require a much more concrete and long term plan of recovery.

Thanks - "rewiring" is an exaggerated formulation.

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That formulation is part of a misunderstanding my heart has (but my mind doesn't) - that I can fix up this aspect of my life and move on without then worrying about a relapse or fall, much as one would fix a refrigerator or a washing machine.

I know that is not true and that I have to continue making long term deep changes in my life and adopt the day to day practical steps to make sure they really happen. I am still excited to hear that there is evidence that 90 days can make an internal difference.

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