

For the 1000th time

Posted by Abochur - 15 Aug 2022 07:15

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I signed up to GYE 3 days ago....determined to complete the 90 day challenge. And here I am 3 days later after I just fell into the lowest.

honestly it feels that my urges get stronger in response to my determination to do teshuva. I understand it helps me if I manage to resist....but G-d, you know me. I'm addicted! How can I resist?

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Re: For the 1000th time

Posted by ColinColin - 21 Aug 2022 22:49

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You can do it.

I used to fall every two or three days.

Read my thread.

I fell tonight - but I made it to 252 days this time.

Take it day by day. Be nice to yourself.

Learn why you fall, learn what is compelling you to fall.

Then change your life for the positive.

Practice mindfulness.

It can help, though genuinely, you have to have some discipline to use it.

It has really helped me, but tonight I was so far gone with emotional pain I just didn't have my wits about me to use it

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Re: For the 1000th time

Posted by abe11219 - 22 Aug 2022 20:38

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i relate very much to that

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