

6 weeks clean

Posted by Iwannabegood - 23 Oct 2023 14:04

Hi guys I'm in my twenties and I've been struggling from my bar mitzva, the only time I had a long streak clean was a few years ago right when I got married for a few months, but since then I've been struggling the most I can last is like 2 or 3 days, and beilive it or not I just had a 6 week streak clean since before rosh hashuna and I fell last night, I can't believe I was so good for so long its gives me such chizuk, but now I'm back into this rut.

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Re: 6 weeks clean

Posted by redfaced - 23 Oct 2023 14:23

[Iwannabegood wrote on 23 Oct 2023 14:04:](#)

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YOU HAD A 6 WEEK STREAK !! GEVALDIG!

The amount of chizuk that you got from your longest streak , is in no way diminished by anything else.

You still had a 6 week streak

That will always be yours.

The only thing we can do now is to try to figure out what happened to make the streak end - and what we can do to prevent it from happening again

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Re: 6 weeks clean

Posted by Iwannabegood - 23 Oct 2023 14:31

[redfaced wrote on 23 Oct 2023 14:23:](#)

[lwannabegood wrote on 23 Oct 2023 14:04:](#)

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Thanks, I know why I was able to stay clean the last 6 weeks I'm not gonna share it here on the forum but I thought it would give me a push to stay clean even longer and now I feel like I'm gonna fall cause I don't have the momentum like I had before

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Re: 6 weeks clean

Posted by foolie - 23 Oct 2023 15:09

Momentum comes momentum goes momentum is fleeting momentum gets you going
consistency takes you places

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Re: 6 weeks clean

Posted by ainshumyeiush - 23 Oct 2023 15:11

Dont focus on the "lost momentum"

focus on the facefact that you were able to get to 6 weeks. If you were able to to that, then you can stay clean today, and keep going until you get there. Try reading the battle of the generation. You wont regret it

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