

just fell after my longest streak

Posted by joe999 - 29 Dec 2010 18:36

I was up to 46 days which was my longest streak. I slipped a few days ago and it went downhill from there. I forgot how crushing the guilt is and how horrible it feels after. any words of encouragement?

=====

Re: just fell after my longest streak

Posted by longbeach - 26 Aug 2011 01:23

There used to be a song that had the line, "pick yourself up, dust yourself off and start all over again." Do not focus on the fall, focus on your success before the fall. No man is perfect, and we all fall in some way or another (is your fall REALLY any worse than that taken by a crooked "frum" businessman? Or a "kosher restaurant owner" who sneaks unkosher meat into his establishment?)

When you fell, your fall, aside from the effects that I do not know about on those you love, is between you and the Ribbano Shel Olam. He loves you more than you can possibly understand, and his patience is infinite. Every moment you did not fall is a like a gift to Him. And every time you fall, you let Him down, as it were, but He is our Heavenly Father (Avinu sh'bshamayim) and he loves you even when you fall, and loves you for getting up and trying again.

You have developed bad habits. They are hard to break! But not impossible!

When you were a young baby and wanted to walk, you fell, and got up and fell and got up and fell and got up countless times...BUT YOU GOT UP and that is why you can walk today.

Try to have that conviction a child has that wants to walk, and have the commitment that the child has to eventually walking. It is all about small steps! Every step counts.

Chazak !ChazaK!

=====

====

Re: just fell after my longest streak
Posted by Eye.nonymous - 29 Aug 2011 06:40

How are you doing Joe999?

=====

====