

**GYE - Guard Your Eyes**

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countdown clock

Posted by joe999 - 26 Dec 2010 07:50

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Hey I don't know if anyone's posted this but if you have windows vista or xp you can download gadgets, so I downloaded a countdown clock so it tells me every time I turn on my computer, exactly how many days, mins, and secs I have left till 90 days. It really helps me think that I'm accomplishing as I see the mins tick down.

Here is the link

[gallery.live.com/livItemDetail.aspx?li=51322391-fefd-43ce-b1e5-b57f191dde8d&bt=1&pl=1](http://gallery.live.com/livItemDetail.aspx?li=51322391-fefd-43ce-b1e5-b57f191dde8d&bt=1&pl=1)

I'm up to 43 days and that's my longest streak though I just slipped for the first time tonight. I've been meaning to post this and I hope bzcus any help anyone gets from this I can make it through.

Hatzlacha!

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Re: countdown clock

Posted by installed - 26 Dec 2010 08:00

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I just installed the program, Great idea! Thanks so much.

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Re: countdown clock

Posted by joe999 - 26 Dec 2010 15:01

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oh and just one thing to keep in mind is that it gives 30 days for every single month so you might have to play around with it a bit and not put in the correct day for your end time but rather a couple of days before as your end time.

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Re: countdown clock

Posted by 2nd-chance - 26 Dec 2010 15:57

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Thanks 4 the gadget

do u have a link to a up counter

to see the stretches we do

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Re: countdown clock  
Posted by desperate\_teddybear - 26 Dec 2010 16:22

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hahaha when i saw the topic 'countdown' i thought it was a countdown to new years..

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Re: countdown clock  
Posted by yedidya aleph - 29 Dec 2010 23:50

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guys plz don't miss the boat. imho recovery is not about counting to 90.

it is about staying sober today! and healing from a disease one day at a time.

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Re: countdown clock  
Posted by 2nd-chance - 30 Dec 2010 02:04

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Thanks Yididya.

At times we get trapped in the excitement of “prolonged clean periods”

which causes us to focus on them, and leads to misery on failure.

Thanks for the clever reminder.

**For every succeeding day, we deserve to party for a week.**

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Re: countdown clock  
Posted by 2nd-chance - 02 Jan 2011 17:53

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oh chevra sorry for putting you down

i failed

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Re: countdown clock  
Posted by im not alone - 02 Jan 2011 18:23

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Hi joe 999 and everyone

??? ????? ?????? ?????

i'm really thanful for you joe999 for sharing with us this countdown clock it is a much needed and helpfull tool i really think it helps a lot

on the other hand i also think that we need to stay focused on each day individually

so here is my 2 cents:

just use the countdown clock as an extra shtikel chizuk not as a way of working to stay clean its too much for me to see that i'll still need 79 -or whatever- days till i'll hit 90

again, my fellow brother joe999 thanks for sharing that

may hashem repay you

guys remember

**every single day that you didn't hurt god you are going to be rewarded** so keep on

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