

Abe68 is back on track - hopefully forever

Posted by abe68 - 27 Aug 2014 00:02

After i had success here for a while I had terrible falls, a lot of falls, today is Rosh Chodish elul, i need to get back on track.

???? ??? ?' ???????

please please please, I need your chizuck!

HELP

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Re: Abe68 is back on track - hopefully forever

Posted by cordnoy - 27 Aug 2014 00:07

So first tell us about the successes and then tell us about the falls, or if you want, it can be the other way around.

Refresh our memory as to what's goin' on.

b'hatzlachah

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Re: Abe68 is back on track - hopefully forever

Posted by abe68 - 27 Aug 2014 00:11

I shared everything in this forum, I fell off track when I left the forum

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Re: Abe68 is back on track - hopefully forever
Posted by cordnoy - 27 Aug 2014 00:19

Here; I found it:

[Double Standard](#)

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Re: Abe68 is back on track - hopefully forever
Posted by dd - 27 Aug 2014 01:18

WELCOME BACK!!!

ellul is thirty one day at a times!!!

a gut chodesh!!!!

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Re: Abe68 is back on track - hopefully forever
Posted by Bigmoish - 27 Aug 2014 07:56

[dd wrote:](#)

WELCOME BACK!!!

ellul is thirty one day at a times!!!

a gut chodesh!!!!

I think I prefer "the second day of Rosh Chodesh Elul should be taken one day at a time."

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Re: Abe68 is back on track - hopefully forever
Posted by Pidaini - 27 Aug 2014 15:03

Welcome back!

What happened? Do you know what led you back into it?

You write that you need chizzuk, chizzuk to do what? and also how do you think that we can give you the chizzuk?

keep on posting!! KOMT!!!!

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Re: Abe68 is back on track - hopefully forever
Posted by abe68 - 27 Aug 2014 19:39

Today we count Day 1, BH!

I need chizuck to stay at this place, as long I was here, open and honest, I was safe and clean.

I contacted a Therapist for help, hope to set up something still this week bez"h.

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Re: Abe68 is back on track - hopefully forever
Posted by cordnoy - 27 Aug 2014 19:51

That's a good start.

Keep us posted.

b'hatzlachah

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Re: Abe68 is back on track - hopefully forever
Posted by abe68 - 28 Aug 2014 19:23

Day number 2

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Re: Abe68 is back on track - hopefully forever
Posted by ineedchizuk - 28 Aug 2014 19:37

Awesome, Abe, that you're count ODAAT.

May you count like that each day until 120.

Maybe add a ??? ????!

So Who's gonna come up with a nusach? :-)

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Re: Abe68 is back on track - hopefully forever
Posted by cordnoy - 28 Aug 2014 20:03

Whenever you feel a struggle, say, "L'sheim yichud kudsha b'rich hu" and by that time, you should be fine.

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Re: Abe68 is back on track - hopefully forever
Posted by dd - 31 Aug 2014 23:29

[cordnoy wrote:](#)

Whenever you feel a struggle, say, "L'sheim yichud kudsha b'rich hu" and by that time, you should be fine.

hey Cordnoy are you the one saying that??? WOW!!!

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Re: Abe68 is back on track - hopefully forever
Posted by cordnoy - 31 Aug 2014 23:46

I was answerin' for the nusach of the 'l'sheim yichud' that might work.

I thank God that I have now those three seconds in between 'look # 1' and 'look # 2.'

I simply say: "Life or death; that is the question."

b'hatzlachah

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Re: Abe68 is back on track - hopefully forever
Posted by abe68 - 02 Sep 2014 22:24

7 clean days, BH

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