

I'm Starting Today

Posted by fulfillinglife613 - 29 Apr 2015 18:31

I had the worse fall of my life yesterday and I hope I have hit rock bottom.

For some reason I'm having trouble signing up for the 90 day chart but I don't want to wait another day. So this is Day 1 for me and with Hashem's help I will make it to 90 without any detours.

So I'm off on my journey back to Life!

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Re: I'm Starting Today

Posted by pischoshelmachat - 29 Apr 2015 18:42

Hi FFL613 and welcome to the place to start your new clean life. It is such a big move to open up here but it is also the first of many healthy moves you will do to reach the sanity and serenity, and cleanliness you so desire.

There are so many special guys around here that will welcome you and offer you understanding, support and refreshing reality. The first thing we always gain the most from is sharing some background about ourselves and our struggles to give some perspective. No need to be afraid, it is completely anonymous. You will make some close friends here who will encourage you and help you so take full advantage of all the resources available to you. If you want to communicate privately, you can send me an email to pischoshelmachat@gmail.com and I would be happy to answer any questions you may have and share with you my struggles.

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Re: I'm Starting Today

Posted by fulfillinglife613 - 30 Apr 2015 12:37

Here comes Day 2! (I still can't join the Board for some reason, so I'll just count here.)

Day 1 is easy. You have a fall. In my case a big one. You feel down and helpless enough to look for help and inspired by the help out there to take it.

Day 2 is just another day. Day 2 is the day that shows if that inspiration to change is real or just

a way to help deal with the guilt.

I'm feeling positive. I can do this. One day at a time. For eternity.

I will reach that elusive feeling of leading a Fulfilling Life. With Hashem's help. And the help of GYE and all of you out there rooting for me.

Have a great day!

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Re: I'm Starting Today

Posted by Bigmoish - 30 Apr 2015 13:55

Welcome!

I know the "easy day 1" feeling all too well.

Sadly, I have yet to find that day 14 is more inspiring than day 2, so we just have to stick it out. Have you tried any of the GYE tools? Tried anything before you came here?

Stick around; there's lots to learn.

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Re: I'm Starting Today

Posted by fulfillinglife613 - 30 Apr 2015 17:31

This is my second day on GYE and the first time I'm trying something other than my own resolve.

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Re: I'm Starting Today

Posted by Bigmoish - 30 Apr 2015 17:37

Where are you rushing? I'm looking forward to seeing you hit day 3 when I hit 14.

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Re: I'm Starting Today

Posted by yiraishamaim - 30 Apr 2015 18:44

[quote="So I'm off on my journey back to Life![/quote]

Well- spoken. Bon Voyage!

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Re: I'm Starting Today

Posted by stillgoing - 30 Apr 2015 19:21

Bigmoish

That was one of the most inspiring things I have heard in a while. Because it's so important to have dreams - big ones who we wish we will be one day- in order to give us a push to "move it!" but you are 10000% right. we can't rush things and forget about today. the mindset needs to be "THE BIGGEST ACCOMPLISHMENT I CAN DO TODAY, IS TO GET THROUGH THE WHOLE DAY CLEAN!!!!"

Thanks

SG

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Re: I'm Starting Today

Posted by pischoshelmachat - 30 Apr 2015 19:24

Men redt du gitte zachen!!

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Re: I'm Starting Today

Posted by stillgoing - 30 Apr 2015 19:30

FFL613, Why don't you want to start a chart. I find that keeping track on my own, works for the first couple of days and then we start to forget. the chart is staring you in the face waiting for an update. And probable the most powerful part of it, is that it is staring all of us in the face. On the forum we have the liberty of telling about our falls or not, unless one of the guys asks you straight out, but on the chart, its automatic. Unless we are going to lie about it straight out, we can't get around it. It has clear rules about what is a fall and what is not.

Either way, Hatzlacha and I hope we are all still going at 18250 (50 years) +more

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Re: I'm Starting Today

Posted by stillgoing - 30 Apr 2015 19:33

Warning: Spoiler!

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Re: I'm Starting Today
Posted by fulfillinglife613 - 30 Apr 2015 21:42

@Bigmoish - Your absolutely right. See you tomorrow 14/3! I still think there is the battle and the war. The battle is today and that's the focus and the fight. But I dream of winning the War. Not the whole War but the 90 day War. WWW3 will have to wait until moshiach comes and slays the yetzer harah.

@yiraishamaim - I'm seriously jealous of you. Kinas Soifrim!

@stillgoing - I have been working with tech support. There seems to be a bug that doesn't let me sign up on the chart. I didn't want to wait another day, so I started yesterday by posting on

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Re: I'm Starting Today
Posted by Palti-Yossef - 30 Apr 2015 21:48

You're on the good way !

Hatslah'a raba and see you soon for good news B"H !

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@pischosheilmachat - Thanks for the haskamah
Re: I'm Starting Today

Posted by stillgoing - 30 Apr 2015 21:53

FFL613,

Sorry, I just reread your posts and chapped. I didn't realize that you weren't able to sign up for

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Re: I'm Starting Today

Posted by fulfillinglife613 - 01 May 2015 00:38

the chart. I thought you just didn't want to. Mochel?

This whole forum thing is new to me.

I have so many years of "stuff" hidden inside of me and I have this strange urge to share. Does it really help to share your "story"? Mine is really long.....

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Mochel