

Today was Another Success

Posted by HershelZ - 18 Jun 2015 22:59

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Today is the 1st of Tammuz. I considered waiting an additional week to start a new count, that 90 days would fall directly on Yom Kippur and then 90 days after that would be Asara B'Tevet... but there is symbolism and then there is symbolism. This is a problem which needs to stop, now. If that means that I'll simply have to go into the fast day with pride in my accomplishments rather than the rending anguish it normally brings me, I'll bear that burden with joy. With assistance from the Almighty and others who are fighting this challenge, I will see that day. Thank you for your love and compassion!

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Re: Today was Another Success

Posted by stillgoing - 18 Jun 2015 23:24

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Welcome HershelZ

I like your confidence. It's refreshing. The 90 day chart is so powerful but it can also be so scary. Many people want to believe, to really do it! Usually there needs to be some other tools being used to help one stop. Have you read the handbook yet? It's very big, but it's packed with helpful ideas and thoughts. Even just reading it through without doing any of the ideas is helpful.

Your first (and only so far:) ) post was a little vague. It often helps to open up here about the problems that we are facing. We are all going through the same things, so no one here will judge you, rather everyone tries to help each other with helpful tips, encouragement, or even just a listening ear.

Keep on posting, and let us know how it's going.

Hatzlacha

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Re: Today was Another Success

Posted by cordnoy - 18 Jun 2015 23:30

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Welcome,

Yom kippur?

Asarah b'teves?

Weren't those last year?

Bhatzlachah

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Re: Today was Another Success

Posted by lomed - 19 Jun 2015 00:34

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Welcome and congrats for coming up and starting the 90 trail. For most of us it is not as simple to get through the 90 days. For many it is with the help and support of other GYE members. So keep us posted.

Much Hatzlacha

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Re: Today was Another Success

Posted by serenity - 19 Jun 2015 02:02

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Welcome and keep sharing!

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