

Struggling to get out of first week

Posted by startrekuser - 12 Aug 2015 17:42

I've been trying this for about 3 years now. I decided to post on here to get encouragement and criticism. I'm on day 1 and plan to post daily.

=====

Re: Struggling to get out of first week

Posted by cordnoy - 19 Aug 2015 02:58

[Bigmoish wrote:](#)

Congratulations on getting out of the first week!

Any further goals?

Yep!.....two weeks!

=====

Re: Struggling to get out of first week

Posted by yehoshua - 19 Aug 2015 06:51

=====

Re: Struggling to get out of first week

Posted by eny - 21 Aug 2015 05:52

behatzlacha!

=====

Re: Struggling to get out of first week
Posted by startrekuser - 06 Sep 2015 21:47

I'm still clean - 25 days!

=====
=====

Re: Struggling to get out of first week
Posted by mh86 - 07 Sep 2015 01:36

Congrats! That's really amazing! Keep up the good work. And the key thing is not to become overconfident - it's so easy to slip. I recommend listening to this recent shiur by R Moshe Weinberger at an Elul gathering

download.yutorah.org/2015/18705/840117.MP3

=====
=====

Re: Struggling to get out of first week
Posted by markz - 07 Sep 2015 02:58

"When I feel like falling, I start thinking about all the enemies of Israel and how I will be strengthening them with my behavior. I also think about how I will be weakening them by not falling."

You want me to believe that actually you got to 25 days, just by thinking you're destroying the enemies of Israel? Incredible! Or is it because you feel the blast of Elul?

These haven't worked for me.

Brother please let me into your little secret...

=====
=====

Re: Struggling to get out of first week
Posted by startrekuser - 08 Sep 2015 01:36

I've also been making a big effort to go to sleep early. When I go to sleep late, I enter the danger zone. Also, I've been staying away from all sugar near bedtime. That includes fruit. I find that if I have a significant amount of sugar close to bedtime, I feel anxiety, can't sleep and then I enter the danger zone.

=====

Re: Struggling to get out of first week
Posted by startrekuser - 09 Sep 2015 01:43

=====

Re: Struggling to get out of first week
Posted by eny - 09 Sep 2015 05:03

great!

=====

Re: Struggling to get out of first week
I'm still good.
Posted by markz - 10 Sep 2015 13:57

[startrekuser wrote:](#)

I've also been making a big effort to go to sleep early. When I go to sleep late, I enter the danger zone.

Hey eny you may be interested to join my 10pm lights out post - go to this link

guardyoureyes.com/forum/1-Break-Free/262276-THE-GOOD-NIGHT-BLOG---TAFSIC-PREMIUM

I came home late last night, and would have gone online to 'kosher' sites (who knows what

would have resulted) if not for the fact that I began that post...

Thank you GYE for allowing me to post which has helped me tremendously!!!

=====

Re: Struggling to get out of first week
Posted by Yesod - 30 Sep 2015 01:58

Hey StarTrek,

How's it going.

Everything cool?

=====

Re: Struggling to get out of first week
Posted by startrekuser - 01 Oct 2015 00:31

YES! I'm still good! I haven't been on this website for a while, but I'm still king of the castle.

=====

Re: Struggling to get out of first week
Posted by Bigmoish - 01 Oct 2015 00:35

Keep on Enterprisin'

=====

Re: Struggling to get out of first week
Posted by Yesod - 01 Oct 2015 01:52

sweet.

rock on brother.

Whats your daily dose?

=====

=====