

Just for today log

Posted by Chazak18 - 30 Oct 2015 01:34

This night I decided to be honest with myself and tried to really complete the 90 days challenge. I had a fall today, so I planned the following strategy:

I will try to read a little of the handbook all nights to motivate myself, because before sleep is my highest struggle problem, so I believe that I can control myself better when motivated before sleep. Also I will read in a path that I can apply what I learned it means that I will implement the steps in my life. I will try to post on the forum my log every day, then I can keep me (and maybe others) clean just for today.

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Re: Just for today log

Posted by peloni almoni - 30 Oct 2015 01:42

good luck. remember to post.

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Re: Just for today log

Posted by markz - 30 Oct 2015 01:57

[peloni almoni wrote:](#)

good luck. remember to post.

You make sure to post or a big fish will be out to get you

[spoiler][spoiler]

Chazak 18,

You'll be alright.

Keep up your good trucking!!

All the best

Mark

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Re: Just for today log

Posted by Chazak18 - 30 Oct 2015 14:31

Well let's start... Today will be my first day clean b"h. In the morning I wanted to act out so I took my iphone and then... No internet connection... Wow! That makes me think that Hashem really helps us when we need, I was there almost falling and The internet is not working, well even this way was difficult to not act out but it was easier and I could pass the test.

Then a few minutes ago I wanted to act out then I started to write here in the forum.

Why could I fortify me in the morning?

I believe that my thought that "if Hashem is helping me why I can't put a little bit of effort from my side too". Then I thought "I can pass this just this moment" and I discovered that I really can!!!
Shabat Shalom!

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Re: Just for today log

Posted by lomed - 30 Oct 2015 19:38

Keep it up.

Shabat shalom

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Re: Just for today log

Posted by Chazak18 - 02 Nov 2015 23:59

Hi everybody, I have to say that unfortunately I fall motzai shabat, well because that I didn't posted here, motzai shabat for me is very difficult, but today I tried to fortify me with the chizuk emails, the handbook and a torah study, yesterday and today I didn't had any difficult struggle B"H! But some lesson must be learned from this fall and I think that the lesson is: 1- study 30min. Of the handbook. 2- make plans in advance for matzai shabat. 3- not use connected devices to just "surf" in the web.

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Re: Just for today log

Posted by Chazak18 - 03 Nov 2015 22:59

I'm really happy today because i had a hard struggle in the morning and I could win this time! I was thinking in the quote: "one time is too much and a thousand is never enough", this quote helped me a lot to win this struggle today.

I also liked so much the chizuk email today, particularly this part: "This is the same "bad" feeling that I have when I'm lifting weights: it's "bad" only because it hurts my body, but it gives a great feeling from working out. I'm working out right now, and I should enjoy this feeling of NOT giving in, because it's building my spirituality and resilience muscles."

I believe that tonight and tomorrow morning will be easier ti fight...

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