

My journey to become a HeiligerYid!  
Posted by heiligeryid - 23 Dec 2015 23:44

---

Hi!

I started my 90 days chart more than a month ago, then after being 30 days clean i fell again.  
As of now i undertook a new journey, reaching my 8th day b"h. Hope to keep going with the  
support of my new friends at GYE!

=====

=====

Re: My journey to become a HeiligerYid!  
Posted by iwant2begood - 29 Dec 2015 19:35

---

Thnx for the explanation hope to use it when it gets hard

=====

=====

Re: My journey to become a HeiligerYid!  
Posted by take it easy - 29 Dec 2015 20:02

---

Thank you so much for the tips

=====

=====

Re: My journey to become a HeiligerYid!  
Posted by iwant2begood - 30 Dec 2015 18:05

---

How is day 15 coming along??! I'm trailing behind good luck

=====

=====

Re: My journey to become a HeiligerYid!  
Posted by heiligeryid - 30 Dec 2015 20:43

---

So far so good b"h.

I don't feel an urge to see bad stuff, praying that it should stay this way.

How is your journey?

=====  
=====

Re: My journey to become a HeiligerYid!  
Posted by iwant2begood - 30 Dec 2015 21:22

---

Bh pretty good up to day 14 just got a sponsor the past 2 days were pretty hard but I managed .  
keep on going strong good luck!

=====  
=====

Re: My journey to become a HeiligerYid!  
Posted by heiligeryid - 04 Jan 2016 03:46

---

TWENTY! yes i'm entering my 20th day b"h.

Over the last few days i had a couple of nisyonos that almost had me fall, but i managed to  
overcome them. Hope y'all doin' great!

=====  
=====

Re: My journey to become a HeiligerYid!  
Posted by markz - 04 Jan 2016 04:04

---

[heiligeryid wrote:](#)

TWENTY! yes i'm entering my 20th day b"h.

Over the last few days i had a couple of nisyonos that almost had me fall, but i managed to  
overcome them. Hope y'all doin' great!  
WOW

*Keep On Trucking*

=====

Re: My journey to become a HeiligerYid!  
Posted by iwant2begood - 05 Jan 2016 17:19

---

Way to go!!!!

=====

Re: My journey to become a HeiligerYid!  
Posted by heiligeryid - 26 Jan 2016 22:37

---

I didn't post here for quite a while, but i'm still trucking on my journey, reaching today b"h day #42!

Also i visit the forum daily, reading lots of gevaldige insights from all of you. Thanks to everyone & much Hatzlachah!

=====

Re: My journey to become a HeiligerYid!  
Posted by heiligeryid - 26 Jan 2016 22:38

---

BTW iwant2begood how's your ride goin'?

=====

Re: My journey to become a HeiligerYid!  
Posted by markz - 26 Jan 2016 23:05

---

[heiligeryid wrote:](#)

I didn't post here for quite a while, but i'm still trucking on my journey, reaching today b"h day #42!

Also i visit the forum daily, reading lots of gevaldige insights from all of you. Thanks to everyone & much Hatzlachah!

Your truck went racing in a tunnel, and you pop your head out weeks later to Honk

It's great to hear how you're doing!!!!

KOHT

Keep On Heilige Trucking!!

=====

Re: My journey to become a HeiligerYid!  
Posted by BenTorah.BaalHabayis - 27 Jan 2016 04:46

---

That's gevaldig!

=====

Re: My journey to become a HeiligerYid!  
Posted by iwant2begood - 27 Jan 2016 08:49

---

Day 42 . Even though the urge got much less but the withdrawal symptoms got much stronger.  
The past few days I'm feeling very depressed i need some chizzuk.

=====

Re: My journey to become a HeiligerYid!  
Posted by Workingguy - 27 Jan 2016 12:55

---

[iwant2begood wrote:](#)

Day 42 . Even though the urge got much less but the withdrawal symptoms got much stronger.  
The past few days I'm feeling very depressed i need some chizzuk.

I hear you. 42 is awesome; congratulations on that! I hope you feel proud about it. Take a

moment to appreciate it.

Can you do exercise? It really helps so many things; it makes you feel so much better.

I play sports once a week and when I get home and my wife notices the difference in my mood she says "You should do this every day!"

Stay shtark; people are looking up to you!

=====

=====