

Starting the Trek to 90 Days, Again...

Posted by joeshmo - 14 Jul 2016 23:24

Ok, so once again I start the trek to 90 days. I just read the Taphsic Method and am going to try that. I have as a small knas 36 Shekels and as a big knas 720 NIS with a trip to the kotel for 4 hours. I think this should be sufficient.

I really hope that Hashem will give me strength to continue, as well as guide me on this path. I thought perhaps I would open a diary on my journey to get some much needed Chizuk.

Good night everyone and I hope to report only good news!

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Re: Starting the Trek to 90 Days, Again...

Posted by Chazak1 - 15 Jul 2016 02:02

Glad to have you along on the journey. Be kind to yourself, just like Hashem

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Re: Starting the Trek to 90 Days, Again...

Posted by Markz - 15 Jul 2016 02:10

Joea

You started reading the handbook and only got upto the part about Taphsic?

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Re: Starting the Trek to 90 Days, Again...

Posted by inastruggle - 17 Jul 2016 02:32

I hope you have hatzlacha.

Keep us updated.

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Re: Starting the Trek to 90 Days, Again...

Posted by joeshmo - 27 Jul 2016 10:43

No. I came across the Taphsic method via the tools on the website

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Re: Starting the Trek to 90 Days, Again...

Posted by joeshmo - 27 Jul 2016 10:54

Well no awesome news to report unfortunately. I fell and paid a hefty knas for it. I am and 2 days sober now and trying to take it one day at a time. Sometimes I feel when I am truly "proud" of my success, the yetzer is the most strongest. I have lost count of the times when I Dafka felt the strongest and proudest about my recovery that I ended up falling on that SAME DAY! I feel like I need to water my success and not preach too much about it....I feel like such a hypocrite sometimes.

Well, with Hashem's everlasting help and compassion, I am picking myself up and am trying again. I hope to share with you all better news, next post.

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Re: Starting the Trek to 90 Days, Again...

Posted by Markz - 27 Jul 2016 10:58

Better news is when we fix the heart, not going into debt

welcome you guardyoursavings

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Re: Starting the Trek to 90 Days, Again...

Posted by inastruggle - 29 Jul 2016 19:59

Becoming over confident is definitely something to be avoided.

It's great that you picked yourself up right away.

Hoping to hear good news from you.

KUTGW!

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