

Feeling down after a big fall

Posted by Holy Man - 18 Aug 2016 00:01

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I fell today after I've been on the chart for 27 days! It feels terrible but I know that I have to give it another shot to finally succeed at 90 days. I need chizuk and phone filters!

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Re: Feeling down after a big fall

Posted by Markz - 18 Aug 2016 00:11

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[Holy Man wrote on 18 Aug 2016 00:01:](#)

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Now you need chizuk tomorrow you need chat room

Do you know what you really need

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Re: Feeling down after a big fall

Posted by 360gye - 18 Aug 2016 03:00

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Holy man,

I understand where u are coming from that you feel terrible giving in after all this time. Do not focus on this downfall as it was nothing more than a mistake, now unfortunately a reality, and move on. Take one day at a time. I would love to hear your story so that I may give you more proper chizuk so please email me([360gye@gmail.com](mailto:360gye@gmail.com))

Good luck

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