

not sure if i fell, but afraid to keep count

Posted by botty - 25 Oct 2016 17:13

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hi guys, i have a very strange case:

yesterday night, was my 90 day(...) i acted out in mid of night, while was sleeping, but i am not sure i was 100% awake... could be that i didnt know what i was doing.

my problem is that if i start from 0 the chart, it might be difficult, but its the better choice than the second choice, which is: keep counting, but because i am at 90 or more, my YH will say to me, "now u can allow urself to fall, because u already reached 90", so i wont have enough motivation to continue, and that way i can find myself after 2 fells in very small period of time! what should i do??

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Re: not sure if i fell, but afraid to keep count

Posted by MJB - 25 Oct 2016 17:56

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First, mazel tov on reaching 90. Secondly it doesn't matter if you reset or not. Whether you reset or not the yatzer hara will have taynos on you. And whether you reset or not doesn't change the fact that the only day that counts is today. Yesterday's or tomorrow's being clean don't really help today. So my advice is do what you feel is right, but please don't obsess over it. Just make today count.

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