

I hope, I want, I will

Posted by Issac - 09 Jan 2019 04:00

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Hi, I've been struggling for a while and just decided to commit to the 90 day challenge. I'm a little unsure of myself because i feel like I've tried to stop so many times. But, looking at so many guys here who have failed and then succeeded really got me to try this.

So the challenge is on!

I bl'n will commit to reporting here at least every other day briefly how it's going.

Every one I've met has been so nice and supportive so far i hope to be able to return the favor:smiley:

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Re: I hope, I want, I will

Posted by Issac - 04 Mar 2019 21:49

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Day 17

Hooray it's a record.

The pizza at day 14 was great. Now I'm looking forward to fleishigs at day 21.

Here we go.

Keeping positive and busy is working right now for me.

I'd like to also squeeze in more exercise maybe

Skoyach everybody

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Re: I hope, I want, I will

Posted by Issac - 04 Mar 2019 21:56

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I just logged into a computer that I haven't used in a while and when I started typing into google it suggested old bad searches that I had done.

At first I was very demoralized 'cuz I don't want to think of myself that way.

Then I realized: "Why put yourself down? look how far you came.

Look, this isn't easy for you and chasdei hashem you're pounding away.

So take a good look down and look how far you've come and how much further you can go."

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Re: I hope, I want, I will

Posted by Issac - 07 Mar 2019 17:45

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Day 18

OK. Doing all right. Keeping busy and doing a few minutes of exerciser everyday.

It's getting a bit hard sometimes but I'm just thinking about that big huge brisket burger with perfect french fries on day 21

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Re: I hope, I want, I will

Posted by Issac - 11 Mar 2019 16:27

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Day 24

Thank you Hashem

B"h. So far great. I made it through a harder spot. Rewarding myself helps a little. But, I think that one of the most effective things now for me is the fact that I'm doing a bit of exercise even a minute. (Today I didn't have time so I just walked an extra minute out of my way to get to my car.)

Thank everybody. Enjoy the nicer weather it does wonders for me to walk around outside.

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Re: I hope, I want, I will

Posted by Issac - 12 Mar 2019 15:50

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OK. So, today I had a slow start. I missed my morning chavrusah

Sometimes, that messes me up but so far bs"d I was able daven later do a bit of exercise and stay positive.

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Re: I hope, I want, I will

Posted by Issac - 14 Mar 2019 17:16

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Day 27,

B"H doing good so far.

I need to make another short term goal.

If I'm good till Sunday I get Pizza.

If I make it to Day 35 I get to do some read some interesting articles and videos that I have been pushing off because I don't have time.

At day 40 I take my wife out to eat.

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Re: I hope, I want, I will

Posted by Issac - 14 Mar 2019 17:28

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I' a little nervous. I really want to keep it up but I'm scared I'll just go back to my old ways.

On second thought that's the wrong attitude . I've accomplished so much by hitting 27 days that's a clear record for me.

I will always have this accomplishment and it will help me continue my growth no matter where I go.

That sounds a bit better.

Any feedback would be appreciated. Thanx!

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Re: I hope, I want, I will

Posted by Markz - 14 Mar 2019 17:28

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[Issac wrote on 14 Mar 2019 17:16:](#)

Day 27,

B"H doing good so far.

I need to make another short term goal.

If I'm good till Sunday I get Pizza.

If I make it to Day 35 I get to do some read some interesting articles and videos that I have been pushing off because I don't have time.

At day 40 I take my wife out to eat.

If a guy doesn't make it to 40, he doesn't take the wife out????????????????????????????????

I believe it's a Segula to pass 40, to take the wife out today!

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Re: I hope, I want, I will

Posted by Issac - 14 Mar 2019 17:34

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Maskim.

Great idea.

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Re: I hope, I want, I will

Posted by Issac - 18 Mar 2019 23:03

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Day 31

Thank you Hashem.

I made it past 30 days.

I shared a bit with my wife and it helped a lot.

I had a tough nisayon based on a halachic shailah.

thankfully I was able to overcome it I made sure to relax and play a game so that helped. Thanx everyone for their input.

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Re: I hope, I want, I will

Posted by Issac - 22 Mar 2019 18:11

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Day 35

I think what's working is that I'm focusing on making my life in general more enjoyable, not knocking myself down as much and trying to be as productive as possible even after I ended up wasting time.

For me I think it's mitigating the lust and allowing me to say no and choose to not put myself in harmful situations.

Ah freilechen Shushan purim!

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Re: I hope, I want, I will

Posted by Issac - 27 Mar 2019 01:31

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Day 40

I was thinking about how long it is until 90 days, Then I realized that it's amazing that I hit 40 days

.I don't know if i ever did this.

That's awesome.

I have this accomplishment forever.

I also proved to myself that am stronger than I thought.

Be"h that will help me further.

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Re: I hope, I want, I will

Posted by Issac - 01 Apr 2019 19:50

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Day 45,

Thank you Hashem.

Thank you myself.

I feel like I'm making good progress.

I don't feel like I changed all of the sudden.

I don't feel like my problems went away.

I just feel like I am accepting myself and trying to focus on positive constructive acts.

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Re: I hope, I want, I will

Posted by Issac - 03 Apr 2019 15:16

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Day 47,

I feel a little weak.

So, I am first going to accept that it might be hard and that's OK it means I'm human and it's a gift as a test for me to grow.

So, I'm going to do things such as exercise, spend more time with my wife and set up a short term reward: Shabbos is day 50, I reward myself to be determined

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