

Road to 90 days - my daily log

Posted by bonobo - 15 Mar 2019 04:10

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Im starting over yet again, this is hour 1. I've fallen multiple times this week. I'm angry at myself and upset that I've allowed this to happen. I hope that through starting this thread it will give me chizuk to start again with a serious mindset and to enable me to journey far into the 90-day challenge and l"yh far beyond. My goal is to be able to add a new post to this thread every day saying that ive succeeded in making it through the day.

That being said... hour 1.

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Re: Road to 90 days - my daily log

Posted by Dave M - 24 Mar 2019 12:51

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I'm sorry about your fall. But one week clean is great progress. Just get right back up and keep trying. Good luck!

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Re: Road to 90 days - my daily log

Posted by bonobo - 25 Mar 2019 07:10

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Days 1 and 2 complete acc to the chart. long night tonight

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Re: Road to 90 days - my daily log

Posted by bonobo - 26 Mar 2019 03:31

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I feel like I am going backwards. tonight procrastination for an exam and a lack of awareness to implement any of the sound advice given has led to a fall.

day one starting over.

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Re: Road to 90 days - my daily log

Posted by bonobo - 27 Mar 2019 03:43

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day one complete. long stressful day, but got through it ok

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Re: Road to 90 days - my daily log

Posted by bonobo - 28 Mar 2019 05:56

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Day 2 complete. on to day 3!

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Re: Road to 90 days - my daily log

Posted by bonobo - 31 Mar 2019 00:55

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I haven't posted in a while. but just an update, I had a fall and im now finished day 4. Had a great shabbos, gut vuch!

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Re: Road to 90 days - my daily log

Posted by Realestatemogul - 31 Mar 2019 05:43

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Congrats on the week clean! It may seem like nothing, but in fact it means for AN ENTIRE WEEK you pushed and successfully stayed strong, clean, and holy!!!

What helped for me in the beginning was to engage more with people on GYE. Don't just post your progress, also help other people and cheer them on. We are all in this together and it isn't easy but definitely possible, just look at all the people who started in the exact same position as you and are now clean for a month, 90 days, a year, and on and on....

So keep up the amazing work! Looking forward to seeing you progress and climb on this new journey hour by hour!

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Re: Road to 90 days - my daily log  
Posted by bonobo - 02 Apr 2019 03:23

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Thanks for the amazing chizuk and advice! It def helps to be mechazik me to continue on my journey. I'm not sure I feel comfortable helping others as I haven't yet found a way to help myself (not sure if this quite makes sense to you).

Anyway, Cheers.

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Re: Road to 90 days - my daily log  
Posted by bonobo - 02 Apr 2019 03:24

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Haven't posted in a few days, lost track of where I was at. Just updated the corner and it says im on day 5. soo... day 5 complete.

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Re: Road to 90 days - my daily log  
Posted by bonobo - 03 Apr 2019 04:02

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This is a tough battle, one that I'm not sure im making any headway on. day 5 and I had a pretty bad fall.

Starting again now.

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Re: Road to 90 days - my daily log  
Posted by Shnitzel and kugel - 03 Apr 2019 04:22

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Did you ever have 5 days before joining gye?

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Re: Road to 90 days - my daily log  
Posted by bonobo - 03 Apr 2019 05:16

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Umm, maybe like once or twice. If I did it certainly wasn't due to a conscious effort.

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Re: Road to 90 days - my daily log  
Posted by Shnitzel and kugel - 03 Apr 2019 13:55

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So then you **are** making progress...

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Re: Road to 90 days - my daily log  
Posted by bonobo - 07 Apr 2019 04:10

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Gut loch! day 4

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