

Making it happen

Posted by iwillnevergiveup - 15 Oct 2019 17:38

I am starting my own thread today to keep myself in check to keep up my daily learning, update my chart, and ultimately conquer desire for good. I recently made it over 50 days and know I can do it.

I hope all chime in, and would like to keep this thread for inspiration, for people to post their milestones, and most importantly each other to look out that no one "falls off the band wagon".

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Re: Making it happen

Posted by iwillnevergiveup - 24 Dec 2019 01:48

Day 70 Thank you hashem for this day. If not for the strength you give me every second, I wouldn't be able to survive one second on this earth.

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Re: Making it happen

Posted by iwillnevergiveup - 31 Dec 2019 05:30

Day 77

I haven't posted in couple days, I got to get back at it. This forum is an amazing platform and can help each one of us so much. To all the silent users, it took me a long time till I made my first post. You may be hesitant but it will take you to a new level by opening up to others. I don't post any major content and sometimes I didn't know what to write, but just by expressing yourself, you can really take off a lot stress of your shoulders.

Give it a try.

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Re: Making it happen

Posted by iwillnevergiveup - 02 Jan 2020 18:30

Day 79 We all get inspired by different things we see, hear, feel but how many of us take that moment and really use it and maintain that level of drive to do something good?

Even on this forum, think about how lucky you are, ya it could be a lot worse and if so and so could do it, than so can you.

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Re: Making it happen

Posted by iwillnevergiveup - 03 Jan 2020 20:57

Day 80 When you have a close call, use it as a moment to reflect and become better.

God tailored nisoyon specifically for you.

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Re: Making it happen

Posted by iwillnevergiveup - 08 Jan 2020 05:26

Day 85 only 5 days to 90!!

Which means phase 2 and I will outline a plan of goals to gain in the next 90...

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Re: Making it happen

Posted by Hashem Help Me - 08 Jan 2020 12:32

Day 91 has a special challenge. "Now what?!" Make sure to be prepared for challenges of that sort and pick another goal while focusing on one day at a time. Tu B'Shvat or a birthday, Rosh Chodesh etc. What 90 does accomplish is that nobody can tell you anymore that this is impossible. It also is a long enough time to quiet down our subconscious a bit. Hatzlocha!

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Re: Making it happen

Posted by iwillnevergiveup - 12 Jan 2020 07:05

Day 89 I see there is definitely significance in 90, because the yetzer hara really tried harder this past week, than he has in a long time.

I take the 90 mark as an amazing milestone, a goal that took a lot of work to get to, and turning a leaf into a phase 2 of maintaining what I do, a Chizuk to refresh, and a step to strive better at aspects relating to this fight.

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Re: Making it happen

Posted by iwillnevergiveup - 13 Jan 2020 04:59

Day 90 just wrote a really long post and deleted itself. THE AUTO SAVED DOES NOT WORK.

so in short

I love hashem

thanks to everyone

you could do it too

i know I still have plenty to work on.

day 91 could bring new challenges

i will brush up some things, focus on some new things and please,

I would love to help YOU too- just message me.

i rewrite the long version tomorrow.

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Re: Making it happen

Posted by DavidT - 13 Jan 2020 14:13

[iwillnevergiveup wrote on 13 Jan 2020 04:59:](#)

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Your post speaks for itself...

MAZEL TOV!

91 is a very holy number... =Amein & = Hashem's 2 main names and more...

May you continue to 1000 and to being clean for eternity...

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Re: Making it happen

Posted by Hashem Help Me - 13 Jan 2020 22:54

[iwillnevergiveup wrote on 13 Jan 2020 04:59:](#)

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MAZEL TOV!!!!!!!!!!!!!!

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Re: Making it happen

Posted by iwillnevergiveup - 14 Jan 2020 05:18

Day 91

So here's the plan for the next 90.

I will go through the video series and the 20 tools again as a refresher.

Im going to stay connected and keep posting.

I'll make another "taphsic" as a deterrent.

A new effort to watch my eyes in the street.

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Re: Making it happen

Posted by iwillnevergiveup - 17 Jan 2020 21:09

Day 94

Checking in, doing good.

Good shabbos to all.

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Re: Making it happen

Posted by iwillnevergiveup - 20 Jan 2020 06:09

Day 97 Shabbos I was holding at a point I've hadn't been at in months. Really close and almost over. I see I need to really refresh myself and continue growing.

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Re: Making it happen

Posted by Hashem Help Me - 20 Jan 2020 12:24

[iwillnevergiveup wrote on 20 Jan 2020 06:09:](#)

Day 97 Shabbos I was holding at a point I've hadn't been at in months. Really close and almost over. I see I need to really refresh myself and continue growing.

Despite Shabbos being tough for you, you BH made it through. There will be challenging moments, however keep in mind that unlike in the past, when the seemingly overpowering desire to act out may have convinced you that it is not worth it to even try to stay clean, now that you have pulled through a few triggering situations, you know that "it can be done". Yes, as you write, you need to refresh, etc., but your brain knows now that b'ezras Hashem you can be matzliach.

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