

A new start

Posted by refael - 03 Nov 2019 03:36

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Il fell tonight and although from elul till aseret yemei teshuva I went 35 days since then and especially the last week has been worse than it's been in a long time

IlIn the past year. My personal records showed I went from. 4 times a day to .15

Despite not being perfect I'm leaps and bounds from where I was years ago.

hopefully this will keep me going

Tomorrow is day one

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Re: A new start

Posted by sleepy - 03 Nov 2019 04:03

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[refael wrote on 03 Nov 2019 03:36:](#)

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Excuse me for asking ,you went from 4 to 15 times a day watching inappropriate things?

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Re: A new start

Posted by refael - 03 Nov 2019 04:38

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.4 meaning around every two three days

To. .15 meaning once in every six days sorry not clear before

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Re: A new start

Posted by sleepy - 03 Nov 2019 05:29

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That's GREAT! Keep it up!

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Re: A new start

Posted by refael - 04 Nov 2019 18:06

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Il did it! One day. On my way home I was praying to follow the rambams opinion that if you have the same opportunity to fall and you act differently it's considered teshuva shelima

Also helped to study in the zohar and the ari about this short circuit and making the lightbulb go back on I can provide sources for anyone who wants

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Re: A new start

Posted by refael - 05 Nov 2019 21:56

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Yesterday was good, thank god. maintaining a schedule is helping also making sure to learn a little first thing when i come home

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Re: A new start

Posted by refael - 10 Nov 2019 09:40

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Fell again tonight made a few mistakes and kept didn't take them as warning signs to use my in danger protocols.

HEard it from a chabadnik tonight. Start changing your mind by changing your actions.

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Re: A new start

Posted by refael - 19 Dec 2019 19:36

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Stopped being on here for a while. Went 13 days and 6 days in the last while.

really need to get filters can anyone direct me to free ones that are good or should I really call tag and pay for theirs?

thanks guys

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Re: A new start

Posted by DavidT - 19 Dec 2019 20:11

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[refael wrote on 19 Dec 2019 19:36:](#)

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thanks guys

If you want REAL protection - try this one <https://www.meshimer.com/>

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