

staying clean

Posted by battle-of-the-gen - 02 Feb 2020 20:24

BH started my road to 90 a little over a week ago, had some battles but so far so good, hopefully will stay clean

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Re: staying clean

Posted by DavidT - 02 Feb 2020 20:35

Please note that its normal after some clean days to feel weak. Most people go thru this stage. The ones that realize what's behind this, stay strong an the others fall back and then start the same cycle again.The reason is that the initial emotional excitement wares off ... **now its an intellectual struggle.**

The good thing is that when you get over this bump, and you stay strong not because of feelings but because you know what's important and you want in life, things really start falling into place - big time!For now, please know that there is nothing wrong with you, you're normal and you're actually doing great. Many people disappear for the system at this point and the fact the you reached out for help shows that you're serious about this and you'll get over the bump with Hashems help.Let's daven together that we should be able to do the ratzon Hashem and we should be happy and have a true fulfilling life with the REAL enjoyments.

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Re: staying clean

Posted by battle-of-the-gen - 02 Feb 2020 20:36

Anyone that would like to help out with tips and suggestions, or to become a mentor that we can chat with on a consistent basis, im open to it

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