

This time I'm going to do it

Posted by TYH18 - 27 Apr 2020 05:31

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I've been struggling for years. I've been on GYE for a little while but no matter how much I tried to do the 90 day challenge I keep on falling. I am now officially starting a week challenge for myself... Wish me luck

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Re: This time I'm going to do it

Posted by Singularity - 27 Apr 2020 09:35

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Welcome, sorry to hear, and good luck!

Try a daily challenge!

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Re: This time I'm going to do it

Posted by #makelifegreatagain - 27 Apr 2020 14:55

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Whats that old saying?

Its not that you fall, its how you get up afterwards (or something like that). So keep on trying!

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Re: This time I'm going to do it

Posted by TYH18 - 29 Apr 2020 04:03

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Well I'm back where I started now. But I thought to myself. I'm going to want to get married soon and whoever that girl will be does not deserve me doing this. I gotta step up my game

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Re: This time I'm going to do it  
Posted by Singularity - 29 Apr 2020 06:28

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darnit, I thought the same thing, then got married and went straight back to the stuff! Now it's 6 years in and I'm 3 days clean. And all I can think about is that Dov was married for 10 years, so I've still got another 4 years to mess around until we're evens. Insane!!!!

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Re: This time I'm going to do it  
Posted by TYH18 - 29 Apr 2020 07:02

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So what are you saying?

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Re: This time I'm going to do it  
Posted by Singularity - 29 Apr 2020 07:39

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I'm saying only the best of hatzlocha and brocha that you'll save your wife the 6 years of worry and tension that I couldn't!!!!

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Re: This time I'm going to do it  
Posted by TheFighter99 - 29 Apr 2020 11:47

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TYH18 welcome to the GYE! Keep posting about your journey. If I may make a simple suggestion. After any relapse (hopefully none will happen, but don't get down if they do), you need to up your game and include a new strategy. If you keep doing the same thing you will get the same results. For example, if you fell without a filter, take your device to a TAG office to get it filtered. If you already have a filter, then join the ninety day chart. If you are already on the chart, consider getting an accountability partner/mentor via GYE. contact the admin for this. There are innumerable strategies you can employ. Just keep on fighting and keep us posted

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Re: This time I'm going to do it  
Posted by TYH18 - 03 May 2020 04:52

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B"H bli ayin hara I am 4 days clean. I'm going to make it thru the week!! #DayByDay

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Re: This time I'm going to do it  
Posted by DavidT - 03 May 2020 14:17

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[TYH18 wrote on 03 May 2020 04:52:](#)

B"H bli ayin hara I am 4 days clean. I'm going to make it thru the week!! #DayByDay

You're doing great! Thank Hashem for every clean day and he'll keep on giving you more!

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Re: This time I'm going to do it  
Posted by TYH18 - 05 May 2020 03:33

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Sorry to let you all down but ending day 6 I fell...

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Re: This time I'm going to do it  
Posted by TYH18 - 05 May 2020 03:34

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But I'm brushing myself off and getting back up again. I'll beat this thing!!

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Re: This time I'm going to do it  
Posted by Singularity - 05 May 2020 08:04

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That's what I call a 60-second depression!!!

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Re: This time I'm going to do it  
Posted by TYH18 - 10 May 2020 14:06

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Well I fell again. Was up way too late doing stupid things that I know can trigger me just wasn't thinking. But this ain't going to break me. Watch me fight

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Re: This time I'm going to do it  
Posted by TYH18 - 17 May 2020 17:38

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Well I fell. I wasn't being careful where I was looking... I feel gross but ain't giving up now

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