

Going to do this

Posted by Meyer M. - 05 May 2020 13:12

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was clean for 24 days, I never in my mind would've thought I would've been able to do it, I though I was going to be clean for a week at most and here we are at 3 weeks (24 days), unfortunately I fell but I'm looking forward to seeing what I can do next

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Re: Going to do this

Posted by ColinColin - 12 May 2020 00:54

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It's a rollercoaster ride.

Ups and downs, easy days and hard days.

Take each day one at a time, hour by hour if need be.

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Re: Going to do this

Posted by Meyer M. - 12 May 2020 03:56

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Day 7: Lag B' Omer!!!

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Re: Going to do this

Posted by Singularity - 12 May 2020 07:16

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Yes Lag B'omer is (like all heavily spiritual days) my favourite acting out time!!

Don't let it get to your head :O

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Re: Going to do this

Posted by Meyer M. - 13 May 2020 05:31

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[Singularity wrote on 12 May 2020 07:16:](#)

Yes Lag B'omer is (like all heavily spiritual days) my favourite acting out time!!

Don't let it get to your head :O

sorry to hear that....I'm just the opposite, i try even harder not to on these days and will occupy myself relentlessly (unless you're joking and I completely missed the boat?)

Day 8: Fully occupied, whole day, busy busy busy, the shiurim and learning are making this a thousand times easier

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Re: Going to do this

Posted by Meyer M. - 13 May 2020 05:38

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I think you're joking but I cant tell through a screen.....welp

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Re: Going to do this

Posted by BHYY - 13 May 2020 05:39

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Good for you! Keep it up!

For some people auspicious days are triggers, like Selichos and the Yamim Noraim/Aseres Yimei Teshuva. I personally am more like you and will use the holiness to keep me from falling

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but everyone is different (these forums would be pretty boring if we weren't

Re: Going to do this

Posted by Singularity - 13 May 2020 08:13

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I collapse due to all the spiritual pressure, always expecting , you know, this is IT.  
But life goes on. That's always nice

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Re: Going to do this

Posted by Meyer M. - 15 May 2020 03:48

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[Singularity wrote on 13 May 2020 08:13:](#)

No, I'm not I collapse due to all the spiritual pressure, always expecting , you know, this is IT.  
But life goes on. That's always nice

Ah, interesting how everyone handles it differently, (knew there was a difference just didnt think there was that much of a difference) Like BHYY said these forums would be pretty boring without variety,

Day 9: Please see day 8

Day 10: thoughts toward evening, interestingly I'm finding the more time im involved in some games I play online, the harder the day seems to be, I'm guessing that 1. Its a mindless task hereby inducing thoughts to alleviate boredom 2. its a fantasy hereby once again inducing a fantasy 3. A possibility depending on what game, it could be the atmosphere (swearing, foul language, inappropriate topics, etc etc). I'm thinking its #1 but i dunno then again i tried using some of my experiences to alleviate my thoughts and was having a much harder time....well let me try more learning and less games

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Re: Going to do this

Posted by Meyer M. - 17 May 2020 04:26

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Day 11: Friday, busy whole day (seems to be a theme, busy = less hard to deal with thoughts)

Day 12: Shabbos spent a good deal of time **trying** (albeit unsuccessfully due to some mental block) to learn but other than that still chugging along

I know, I know this thread has got a bit boring but I'd definitely rather have everyone's threads be boring and them clean versus the other way around. Have a great (and easy hopefully) day!

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Re: Going to do this

Posted by Meyer M. - 18 May 2020 04:27

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Day 13: Clean and Busy!

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Re: Going to do this

Posted by Meyer M. - 20 May 2020 00:56

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Day 14: Clean!

Day 15: Clean!

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Re: Going to do this

Posted by BHYY - 20 May 2020 04:32

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Keep it up! Fantastic!

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Re: Going to do this

Posted by Meyer M. - 21 May 2020 03:18

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Day 16: Still clean, had thoughts pop in, yes I was not as busy. I know from previous experiences that it goes downhill from here as its very hard to get the yetzer hara's foot out from between the door once it's there, I'm going to keep myself busy with meaningful things tomorrow and hopefully I'll be able to get back to my regular routine.

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Re: Going to do this

Posted by Michael94 - 21 May 2020 03:45

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Keep it up!!! You're doing great!

i feel you as I have the same feeling "when he has a foot in..." but it's this thought that can sometimes trigger the fall, just disregard this thought, it's not a rule that always has to work and you'll be pleasantly surprised

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