

Count 30 days

Posted by JNW - 31 May 2020 09:06

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This past month I was 26 days clean almost a full month. It happens to be that the yetzer got to me, especially after shavous when just had accepted the torah. I think that counting 90 days straight is a very big number in your mind to say I'm going to be clean now until 3 months from now. I felt that if you take it month by month count 30 days and see if you can make that, and then another 30...until you have reach 90+ days. This is chizuk for me in that despite that I just fell, yet I pushed so far for basically a month, and now it's time not to give all that hard work up because of one fall. Now is the time to push another 30 days.....

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Re: Count 30 days

Posted by wilnevergiveup - 31 May 2020 11:03

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For some of us (or most, not sure exactly) even 30 days is too much to think about.

The 90 day goal is a fancy scientific thing, changing your brain patterns, blah blah blah. It is what it is, but for me, it only works when it is in the background.

Every day is an accomplishment. Besides for the obvious benefit of being clean, the more we train ourselves not to chase after physical pleasure as a life mission, even if we sometimes fall, with every "no" we begin to rewire ourselves.

One day at a time?

Do we ever overcome our Yetzer Harah completely?

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Re: Count 30 days

Posted by DavidT - 31 May 2020 13:41

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Someone once came to the Chafetz Chaim z"l to complain that the Yetzer Hara does not give him rest. The Chafetz Chaim told him that's a great sign! The day that the Yetzer Hara will give you rest, you'll have no reason to be on this world any more. We live on this world to be challenged and overcome the battles with Hashem's help.

### **One nisayon at a time!**

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Re: Count 30 days

Posted by smileyjuniior - 31 May 2020 17:52

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Wow.....as someone who just joined the program, I'm jealous of your confidence. May we all be able to jump right back into it.

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Re: Count 30 days

Posted by justanotherguylikeyou - 31 May 2020 18:35

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Dear JNW,

I want to say that even one day is a win as it is work you put in to the process and no fall can take away or wipe away the work you put in, lessons learned, and information you possess to make it next time to 27 and more.

This is truly a 1 day at a time as it is the simplest way to go about this.

You got this!

-What can you avoid next time?

-What resources do you have at your disposal for both preventive and on the spot measures to

make it past the current test?

-Who in your life can you be inspired by, learn from, and talk to about this besides the wonderful people of GYE?

-What is the cost and benefit from the fall and how can you remember to keep that in mind next time you are at the edge of falling again?

Know you are supported here and know that you are not alone. You are a normal guy taking upon himself to work on a very normal challenge we all face and to that good sir I tip my virtual hat to you!

Keep us posted and Hatzlacha!

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Re: Count 30 days

Posted by JNW - 11 Jun 2020 05:16

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Just wanted to let you guys know so far I am a week clean!!!!!! Thanks for all your chizuk. Keep it coming.

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