

6 Days in, and never felt better!

Posted by ClimbingHigher - 22 Jul 2020 11:23

B'H i'm 6 days in, and actually feel the best iv'e felt in ages!

I realized that till now I was relying on my therapist to do the work for me, but I stopped with him last week, and realized - it's up to me now, what a great decision!

I daven every day that I can keep it up for at least 1 more day...

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Re: 6 Days in, and never felt better!

Posted by Grant400 - 22 Jul 2020 13:20

Happy to hear! That's a great way to view it. In "one more day" increments. Sometimes looking too far down the road can make us see too many potholes at once. Also, I know the world says not to look back only ahead, but in this case where you already have 6 pure shiny sparkly

) Proudly and it will prove to you that of course you can do "just one more day" (for the rest of your life). Your post is mechazek everyone! Keep posting!

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Re: 6 Days in, and never felt better!

Posted by Realestatemogul - 23 Jul 2020 02:46

I can't comment on dropping the therapist piece, as I don't know you. I can however say that you are right that you are the only one who can help yourself. I once was soooo down and depressed and I reached out to everyone I knew to help and for some reason nothing helped!

I realized I had to do it all myself, and I was able to pick myself back up and B'h my life has been amazing since then. That moment really transformed my life. It definitely didn't all of a sudden become easy, but I just adjusted my attitude and realized Hashem is in charge and he just wants me to try my best and he will take care of the rest!

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diamond encrusted days, look back! (maybe walk backwards so you can see it the whole time

Re: 6 Days in, and never felt better!
Posted by Captain - 23 Jul 2020 17:54

So true. I don't think it's possible to make any personal change unless you decide to take over and do it. (Of course, even then it's not easy...)

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