

Is it worth it to try this again?

Posted by optimisim - 15 Nov 2020 06:54

Man guys i have been around this block. I really messed up tonight. by rosh hashana time i had a streak of 30 days. It was amazing. Never did it before but the things got tough. Trying to get back. Had a good week but badd fall tonight. With a filter on my computer!. I am so jealous of the guys who could write and cry I failed on day 60!

Gosh I wishhh !! would make 60 lechaims to reach that far!

The issue is I have a hard time dealing with stress and suffer from anxiety. I am not excusing myself from any behavior. Its just that when this happens or when I hear bad news I need to calm myself down. The pandemic scares me. I know too many people who died. so i try to chill out And by me that means masturbating with any form of inappropriate material. I did exercise this week and I think it helped but man I would love to know if someone out there can give me a trick or two someone whos tried for years and failed as much as I have to tell me they actually succeeded. Yes I know people win this but I am not sure they do after a many failed attempts as myself. And yes for all those helping people I do go to therapy for anxiety. Perhaps I need a better therapist. Perhaos I need a therapist who deals with these issues. yes I am marries bh Yes I learn torah. Yes I teach torah! yes I feel like a hypocrite! Yes I have ocd! Yes I want to change ! And I really struggle with this! Please give me advice !

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Re: Is it worth it to try this again?

Posted by Youngster - 19 Nov 2020 18:56

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Re: Is it worth it to try this again?

Posted by Youngster - 19 Nov 2020 19:27

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Re: Is it worth it to try this again?

Posted by Youngster - 19 Nov 2020 19:29

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Re: Is it worth it to try this again?

Posted by Youngster - 19 Nov 2020 19:39

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Re: Is it worth it to try this again?

Posted by MenachemGYE - 19 Nov 2020 19:45

Test

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Re: Is it worth it to try this again?

Posted by Youngster - 19 Nov 2020 19:51

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Re: Is it worth it to try this again?

Posted by Youngster - 19 Nov 2020 20:04

Test

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Re: Is it worth it to try this again?

Posted by Youngster - 19 Nov 2020 20:11

now I'm forsure a Biden supporter, because my apponant is willnevergiveup....

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Re: Is it worth it to try this again?

Posted by wilnevergiveup - 19 Nov 2020 20:32

[Youngster wrote on 19 Nov 2020 17:37:](#)

I disagree with willnevergiveup, I would love to hear when you eat ice cream!

Maybe we should put up a poll, that wasnt done in a long time....

You can post about ice cream if you send me some...

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Re: Is it worth it to try this again?

Posted by Youngster - 19 Nov 2020 20:38

Hey hey hey... that would be a quid pro quo...

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Re: Is it worth it to try this again?

Posted by Youngster - 19 Nov 2020 20:43

Anyhow, Grant can use some **optimism** after (okay Grant... during..) this election, so you came just in the right time....

welcome aboard!!

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Re: Is it worth it to try this again?

Posted by Grant400 - 19 Nov 2020 21:00

[Youngster wrote on 19 Nov 2020 20:43:](#)

Anyhow, Grant can use some **optimism** after (okay Grant... during..) this election, so you came just in the right time....

welcome aboard!!

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Re: Is it worth it to try this again?

Posted by optimisim - 19 Nov 2020 21:36

well guys I am clean 12 hours. And Thank you for all the chuzuk it really means a lot to me

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Re: Is it worth it to try this again?

Posted by Youngster - 19 Nov 2020 21:37

Remember this thread belongs to **optimisim**, and he *will* iyh pull off a win... so let's give back the word to him...

Optimism is nice my friend...but I think we need more in the realm of a miracle to pull off a win!

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I may be a Trump supporter but I ain't living with my head in the sand