

Giving it another shot

Posted by anothershot - 01 Jan 2021 06:18

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Hi! I have been coming to gye for about a year and a half but this is my 1st post on the forums.

Last year I had a clean streak of 183 days but then I fell and since then I have been up and down with smaller clean streaks and less acting out in between.

Recently though I have been falling too often so I decided even though it's difficult for me I will start a thread to hold myself more accountable.

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Re: Giving it another shot

Posted by anothershot - 09 Nov 2021 15:28

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I'm feeling very strong urges this morning and I'm scared a fall is right around the corner.

I'm going to push it off as much as possible.

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Re: Giving it another shot

Posted by Hashem Help Me - 09 Nov 2021 15:58

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Don't panic. Urges are temporary and are not real. Laugh it off and get busy with something productive.

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Re: Giving it another shot

Posted by anonymous.lost.everything - 09 Nov 2021 16:11

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[anothershot wrote on 09 Nov 2021 15:28:](#)

I'm feeling very strong urges this morning and I'm scared a fall is right around the corner.

I'm going to push it off as much as possible.

I sent you a private message with my phone number so you can get it out in the open.

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Re: Giving it another shot

Posted by anothershot - 10 Nov 2021 00:53

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Good news & bad news

Bad news: I fell

Good news: I pushed it off

I tried distracting myself

& I haven't looked at anything since then using the excuse well I already fell might as well look at more.

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Re: Giving it another shot

Posted by ARF - 10 Nov 2021 12:02

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Great Job!!!

We're all proud of you!

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Re: Giving it another shot

Posted by Hashem Help Me - 10 Nov 2021 12:11

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[anothershot wrote on 10 Nov 2021 00:53:](#)

Good news & bad news

Bad news: I fell

Good news: I pushed it off

I tried distracting myself

& I haven't looked at anything since then using the excuse well I already fell might as well look at more.

Gadlus! What a healthy attitude. Guys who think straight break free b'ezras Hashem.

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Re: Giving it another shot

Posted by anothershot - 11 Nov 2021 00:00

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1! B'H I'm doing well today.

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Re: Giving it another shot

Posted by anothershot - 12 Nov 2021 00:29

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3!

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Re: Giving it another shot

Posted by anothershot - 14 Nov 2021 02:46

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5!

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Re: Giving it another shot  
Posted by othershot - 15 Nov 2021 03:54

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6!

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Re: Giving it another shot  
Posted by othershot - 16 Nov 2021 04:16

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7! Thank you Hashem!

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Re: Giving it another shot  
Posted by othershot - 18 Nov 2021 03:16

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2!

I had a fall a couple of days ago but I'm back in it again!

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Re: Giving it another shot  
Posted by othershot - 23 Nov 2021 02:58

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B'H I'm back up to 4!

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Re: Giving it another shot  
Posted by Avrohom - 23 Nov 2021 04:54

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Great to hear!

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