

Square one

Posted by Looking_to_improve - 28 Feb 2021 22:41

Thread 3

Day 0

Restarting from square one

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Re: Square one

Posted by Striving Avreich - 06 May 2021 08:09

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Re: Square one

Posted by Looking_to_improve - 06 May 2021 21:57

Day 21

3 weeks clean bH

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Re: Square one

Posted by Grant400 - 07 May 2021 04:25

You sincerely rock!

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Re: Square one

Posted by Striving Avreich - 07 May 2021 08:17

How are you celebrating?

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Re: Square one
Posted by DavidT - 07 May 2021 15:15

[Looking to improve wrote on 06 May 2021 21:57:](#)

Day 21

3 weeks clean bH

We must celebrate every victory we score against the *yetzer hara* in battles of desire. This brings home the message that we gain immensely by doing the right thing. It helps us appreciate what we are doing. Celebrating our accomplishments will make us eager to fight the *yetzer hara*. We will be so energized that we won't feel we missed out on anything by not indulging. We will feel ourselves gaining and growing — we will see that we are doing much better than we ever have! We will have something so exciting that we won't even *want* to give in to our desires.

When you stop the *yetzer hara* in his tracks, you must get excited. Think about how hard it was to win, and how great that makes your accomplishment. Recall the list of legendary *tzaddikim* who did similar acts. Think about how much Hashem cherishes such accomplishments. Remember the true definition of greatness, and realize that these acts put you on your way there. Pump your fist with excitement over what you were able to accomplish.

Think about how fortunate you are. Instead of following a desire, which would have only brought you a brief enjoyment but left you with nothing, you have accomplished something you will be proud of **forever!** This is another step toward greatness! You are so lucky that Hashem challenged you to enable you to accomplish.

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Re: Square one
Posted by EvedHashem1836 - 07 May 2021 15:49

[Looking_to_improve wrote on 06 May 2021 21:57:](#)

Day 21

3 weeks clean bH

I just got up danced around the block and all the neighbors thought I was drunk

Can't express how incredible it is that you hit 3 weeks! You hear everyone talk about "THE BIG 90", 90 days this 90 days that yada yada yada

but the truth is three weeks is arguably just as impressive! The only thing that is different about 90 is that that's where the science says that the brain is rewired enough to make it easier to stop the habit but the process of saying no to the yetzer hara remains the same on any day.

Really really impressive lets see if we can make it to 30 days!

We're all with you!!

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Re: Square one

Posted by Looking_to_improve - 08 May 2021 21:17

Thank you everyone for the encouragement

Day 23

BH I'm clean over shabbos

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Re: Square one
Posted by Looking_to_improve - 10 May 2021 20:46

Day 25

BH clean today

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Re: Square one
Posted by EvedHashem1836 - 11 May 2021 04:24

Nice really getting the ball rolling!

Let's see if we can hit 4 weeks!

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Re: Square one
Posted by Looking_to_improve - 11 May 2021 19:43

Day 26

A bit more stressful and distracted because of the situation in EY, so need to be a bit careful, but BH today was clean

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Re: Square one
Posted by DavidT - 11 May 2021 19:46

[Looking_to_improve wrote on 11 May 2021 19:43:](#)

Day 26

A bit more stressful and distracted because of the situation in EY, so need to be a bit careful, but BH today was clean

26 is the numeric value of Hashem's name.

Hashem is the one protecting Israel and he's also the one that can help us stay clean.

So all we need to do is daven to his and stay connected, he'll do the rest.

Keep strong!

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Re: Square one

Posted by EvedHashem1836 - 11 May 2021 23:06

Remember how long it took to get here? Do you really want to start over and see a 0 by your name?

You can do it keep it coming!

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Re: Square one

Posted by Grant400 - 12 May 2021 12:46

[Looking to improve wrote on 11 May 2021 19:43:](#)

Day 26

A bit more stressful and distracted because of the situation in EY, so need to be a bit careful, but BH today was clean

How you doing? Back on track towards an awesome unshackled life?

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Re: Square one

Posted by Looking_to_improve - 12 May 2021 21:07

[Grant400 wrote on 12 May 2021 12:46:](#)

[Looking_to_improve wrote on 11 May 2021 19:43:](#)

Day 26

A bit more stressful and distracted because of the situation in EY, so need to be a bit careful, but BH today was clean

How you doing?

Back on track towards an awesome unshackled life?

BH very good. Bar one fall (I think), I'm clean since I changed my filter. It is much more reassuring feeling secure with my filter. I can't become overly dependant on it, but it's a big confidence builder, having not gone more than 2 weeks clean for a long time. BeH I'll will stay back on track.

Day 27

BH today was clean.

I had a small victory yesterday which I forgot to mention. Remind me to write it up when I get the chance. (It's not long, just it's late now)

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