

Square one

Posted by Looking\_to\_improve - 28 Feb 2021 22:41

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Thread 3

Day 0

Restarting from square one

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Re: Square one

Posted by OivedElokim - 22 Mar 2021 21:59

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“Still clean” sounds like your just staving off an urge that you’ll subsequently succumb to.

**Warning: Spoiler!**

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Re: Square one

Posted by Looking\_to\_improve - 22 Mar 2021 22:53

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[OivedElokim wrote on 22 Mar 2021 21:59:](#)

“Still clean” sounds like your just staving off an urge that you’ll subsequently succumb to.

**Warning: Spoiler!**

Perhaps, but it's also the lashon of GYE when you update your 90 day chart.

Do you have an alternative way of putting it? I'm open to suggestions

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Re: Square one

Posted by OivedElokim - 23 Mar 2021 00:26

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That's true. I guess it's in contrast to "I had a fall"...

I think "I am clean, BH" does justice to the state of being clean...

IMHO

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Re: Square one

Posted by Looking\_to\_improve - 23 Mar 2021 22:21

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8 days clean bH

Still feel like I'm in need of chizuk, not really in the mood to be dealing with this stuff.

Just have this general feeling of being fed up of dealing and struggling to improve with this.

I have more to write, but struggling to put it in words

I just wish it would go away

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Re: Square one

Posted by Grant400 - 23 Mar 2021 22:54

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[Looking\\_to\\_improve wrote on 23 Mar 2021 22:21:](#)

8 days clean bH

Still feel like I'm in need of chizuk, not really in the mood to be dealing with this stuff.

Just have this general feeling of being fed up of dealing and struggling to improve with this.

I have more to write, but struggling to put it in words

I just wish it would go away

I know exactly how you feel. I'm feeling the same today. I have nothing to tell you, just that I understand.

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Re: Square one

Posted by Looking\_to\_improve - 24 Mar 2021 19:56

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Feeling a bit weak now. If I had access to something, I think I would have just fallen without even thinking first.

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Re: Square one  
Posted by Looking\_to\_improve - 24 Mar 2021 22:23

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Day 9

Bh managed to stay clean

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Re: Square one  
Posted by Striving Avreich - 24 Mar 2021 22:31

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You mamash made my day!

I was worried about you!

Boruch Hashem!

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Re: Square one  
Posted by Looking\_to\_improve - 25 Mar 2021 08:28

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Acted out this morning, so I'm back to 1??

I think I'm going to go ahead and switch gentech, netspark doesn't work reliably for me.

I think my current goal should be to make it to shabbos clean

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Re: Square one

Posted by Looking\_to\_improve - 25 Mar 2021 16:11

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Feeling a bit of an urge to act out again, need to stay strong and leave it at one fall and no more

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Re: Square one

Posted by Looking\_to\_improve - 25 Mar 2021 21:38

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Day 0

BH haven't acted out again since this morning, but still feeling a desire to. The clocks go back tonight, so need to get an early night, but could easily see myself staying up and acting out again.

This is me back at my worst. Unable to go beyond 2 weeks clean. I've not recovered since I went 68 days clean a few months ago (Fell on Jan 26th, 13th of Shvat). Yes I get a few days clean here and there, but lemaaseh I know this is my dark place, the rut I'm stuck in. I feel like these days count for nothing, its just going from one fall to the next, and I'm starting to hate it. I don't get out the starting blocks before failing again, time and time again. Why am I starting this year's yetzias mitzraim back on the 49th level of tumah?

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Re: Square one

Posted by Looking\_to\_improve - 26 Mar 2021 09:40

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Fell again today. Going nowhere quickly

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Re: Square one

Posted by Looking\_to\_improve - 29 Mar 2021 22:30

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Had a nice Yom Tov so far, but back to square one yet again

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Re: Square one

Posted by Looking\_to\_improve - 29 Mar 2021 22:43

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Although I've reached out to different people, spoken to a friend and I post here, I've been feeling alone in this battle recently

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