

Starting

Posted by Imbetterthanthis - 23 Jul 2021 10:51

Hi.

I want to be free of m and p.

Im using the 90 day challenge as a way to keep track.

Hope I do well.

This stuff is disgusting and is capable of destroying everything in ones life.

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Re: Starting

Posted by Imbetterthanthis - 23 Jul 2021 11:17

I appreciate chizzuk, but I probably won't be quick to respond, I don't know how often I'll come here

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Re: Starting

Posted by doingtshuva - 24 Jul 2021 23:37

Welcome, and I wish you great success.

Its not just capable, it just destroys and leaves side affects!!

But its worth being on the side fighting, otherwise life is just out of control.

?You can download and print out so much material for free.

Find what works best for you.

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Re: Starting

Posted by retrych - 25 Jul 2021 16:47

You sound like you have your mind made. Whatever comes up, you have that to lean onto. Keep us updated with everything!

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Re: Starting

Posted by gettingthere9 - 25 Jul 2021 19:35

Welcome!

You seem very determined, which is awesome! (and quite frankly the only way... and its the first tool in the handbook also)

Read the handbook cover to cover over and over!

Wish you much hatzlacha!

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Re: Starting

Posted by Imbetterthanthis - 25 Jul 2021 19:37

Thanks for the boost, both of you.

I appreciate it.

My start has been rough, and I was skirting the edges, but so far no m or p.

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Re: Starting

Posted by Imbetterthanthis - 27 Jul 2021 11:58

I had a fall.

very upset and frustrated.

And disgusted.

I feel like I'm losing myself.

Will fight back.

Getting a filter on a new phone today.

That was a big problem for me.

I hope I can regain myself even after all the filth I've seen.

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Re: Starting
Posted by Rt234 - 27 Jul 2021 17:08

If you wanna win just don't stop fighting!!!

you'll get it!!!

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Re: Starting
Posted by Rt234 - 27 Jul 2021 17:09

If you wanna win just don't stop fighting!!!

you'll get it!!!

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