

keep on trying!

Posted by KeepShteiging - 12 Oct 2021 17:14

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after 2 years of falling and falling, never having been clean for more than 2 weeks, i start my journey to 90 days. lyH the Ribonoi Shel Oilom will give me strength on my journey to tahara and I will never look back!

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Re: keep on trying!

Posted by DavidT - 12 Oct 2021 17:26

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Welcome! Your motivation is amazing and Hashem will definitely help you get to 90 and beyond...

I would like to give one tip if I may and that is to be proactive. As they say, "If you fail to plan - you plan to fail". The yetzer horah rarely tries to fight us when were doing well, he looks for opportunities when we're down and out or caught off guard. When we are tired, moody or stressed....

Take a paper and write these questions with your answers.

- The changes I want to make are:
- The most important reasons why I want to make these changes are:
- The steps I plan to take in changing are:
- The ways other people can help me are:

*(names of some people and the possible ways each one can help)*

- I will know if my plan is working if:
- Some things that could interfere with my plan
- How important is it to me to make these changes? (1-10 scale)

- How confident am I that I can make these changes? (1-10 scale)

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Re: keep on trying!

Posted by Captain - 14 Oct 2021 13:21

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Welcome!

Please check out the great free resources in my signature below to help you keep your motivation up along the way!

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Re: keep on trying!

Posted by Hashem Help Me - 15 Oct 2021 11:05

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Welcome. It should be with hatzlocha!

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