

B'derech She'adam Roitze Lelech  
Posted by vhaereiny - 14 Dec 2021 04:54

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Hi all I've been struggling for many years with this. Recently it's been getting worse and more often. I really want and need to finally break free.

please help me get to 90 days of re-work g my brain. Here it goes starting day 1- wish me luck!!

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Re: B'derech She'adam Roitze Lelech  
Posted by TheYoungerTwin - 14 Dec 2021 05:53

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you got this!!!

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Re: B'derech She'adam Roitze Lelech  
Posted by omekhadavar - 14 Dec 2021 05:53

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Good luck!

You should try to check in everyday in the beginning. It has helped a lot for me.

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Re: B'derech She'adam Roitze Lelech  
Posted by Mikegtoday - 14 Dec 2021 06:41

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good luck! you are not alone and there is hope

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Re: B'derech She'adam Roitze Lelech  
Posted by vhaereiny - 16 Dec 2021 04:22

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Ok so yesterday which was supposed to be day one, went really bad.

but I'm back at it today and so far it's been a great day. Hopefully I can build on this and string a few days together.

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Re: B'derech She'adam Roitze Lelech  
Posted by vhaereiny - 17 Dec 2021 05:08

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Very stressful day and was therefore very triggered but staying strong...

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Re: B'derech She'adam Roitze Lelech  
Posted by Zedj - 17 Dec 2021 05:39

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Vent away!

keep strong!

some days are tough. Think about it like thus, if you can get through a stressful day like this, how much more so a nice calm undramtic day.....(I'll let you finish off the sentence)

Or if you want click below

**Warning: Spoiler!**

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Re: B'derech She'adam Roitze Lelech  
Posted by vhaereiny - 17 Dec 2021 05:50

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Lol thanks zedj, you're totally right.

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Re: B'derech She'adam Roitze Lelech  
Posted by vhaereiny - 19 Dec 2021 05:07

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Day 4- starting slipping today, but bh picked myself up staying strong! I always have a hard time motzai Shabbos with a lot more time on my hands. Any suggestions or good books to read to keep occupied?

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Re: B'derech She'adam Roitze Lelech  
Posted by TheYoungerTwin - 19 Dec 2021 06:28

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[vhaereiny wrote on 19 Dec 2021 05:07:](#)

Day 4- starting slipping today, but bh picked myself up staying strong! I always have a hard time motzai Shabbos with a lot more time on my hands. Any suggestions or good books to read to keep occupied?

Motzai shabbos really is a challenge. I remember a time where I would fall every motzai shabbos without fail.

I really recommend some kind of social activity- where you are around/engaging with other people.

As for books, rabbi twerski has some very interesting (and often helpful) books.

Keep at it!

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Re: B'derech She'adam Roitze Lelech  
Posted by vhaereiny - 23 Dec 2021 00:38

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Day 8! I feel like generally now it starts getting harder

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Re: B'derech She'adam Roitze Lelech  
Posted by Shtarkandemotional - 23 Dec 2021 02:44

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[vhaereiny wrote on 19 Dec 2021 05:07:](#)

Day 4- starting slipping today, but bh picked myself up staying strong! I always have a hard time motzai Shabbos with a lot more time on my hands. Any suggestions or good books to read to keep occupied?

Captain where are you! lol! Captain suggests a book that has helped thousands of people.. I'm sure you will gain a lot in your journey from this book and it'll help you stay alot stronger and have the right guilt free attitude! And it's free as well! Check out.. the battle of the generation! <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>

**Warning: Spoiler!**

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Re: B'derech She'adam Roitze Lelech  
Posted by vhaereiny - 05 Jan 2022 06:29

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Hey guys I really need your backing here, I was great now I mean really great for two weeks-  
flying high and thought I'm finally creating good habits. But then last Thursday I failed and  
again Sunday and again tonight!! I need need to stop I am picking myself up again now..

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Re: B'derech She'adam Roitze Lelech  
Posted by 64mujw - 05 Jan 2022 13:55

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Keep strong

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Re: B'derech She'adam Roitze Lelech  
Posted by vhaereiny - 05 Jan 2022 18:16

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Does anyone have web-Chaver number?

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