

One more try

Posted by ikeepfalling - 18 Jul 2022 11:23

Hi all, I have been here before under another name, and as my new name suggests i just cant pull myself out.

i am in a really bad place right now and i am going to try once more.

we are about 40 days from ??? ????, my goal is to stay clean till then.

i have never done more then 30 days in the last 12 years!

wish me luck

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Re: One more try

Posted by Lchaim Tovim - 18 Jul 2022 14:11

Hatzlocha Rabah...You can do this

A few things to think about...

What does stay clean mean to you?

Why do you want to this?

What behaviors are/have been causing you to fall?

What are you going to change this time around?

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Re: One more try

Posted by Vehkam - 18 Jul 2022 18:45

[ikeepfalling wrote on 18 Jul 2022 11:23:](#)

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of course we all wish you luck. Either way, you should come to rosh hashana, standing tall and proud of yourself for all of your efforts

by the way, there are 70 days to rosh hashana....

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Re: One more try

Posted by Gevura Shebyesod - 18 Jul 2022 20:12

[Vehkam wrote on 18 Jul 2022 18:45:](#)

[ikeepfalling wrote on 18 Jul 2022 11:23:](#)

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by the way, there are 70 days to rosh hashana....

90 days from today is Hoshana Rabba.

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Re: One more try

Posted by ikeepfalling - 20 Jul 2022 12:08

not sure why i skipped a month.

anyway that didnt go as planned 1st day epic fail. (for context i have been doing it four times a day)

but were not gonna give up and were starting again.

thanks for all the encouragement !

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Re: One more try

Posted by Shmuel - 20 Jul 2022 12:28

[ikeepfalling wrote on 20 Jul 2022 12:08:](#)

not sure why i skipped a month.

anyway that didnt go as planned 1st day epic fail. (for context i have been doing it four times a day)

but were not gonna give up and were starting again.

thanks for all the encouragement !

What are YOU going to DO differently this time?

Warning: Spoiler!

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Re: One more try
Posted by Lchaim Tovim - 20 Jul 2022 13:45

So you didn't do it 3 out of four times, that's pretty awesome.

Do you have anything specific that you are/are not doing to help you?

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Re: One more try
Posted by doingtshuva - 21 Jul 2022 22:26

[ikeepfalling wrote on 18 Jul 2022 11:23:](#)

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I would change the name of the topic to - another try. Don't limit it to 1 more try

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Re: One more try

Posted by ikeepfalling - 09 Dec 2022 09:28

i am back again.

this time i waited until i was 4 days clean before posting.

so far so good, crazy urges [yesterday i was in physical pain from the urges] but managing to ride the waves.

full force ahead

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Re: One more try

Posted by ikeepfalling - 11 Dec 2022 21:46

one whole week!

there is no denying it was hard work and i am by no means confident [may never be] but i am holding on tight.

onwards and upwards

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Re: One more try

Posted by Eerie - 11 Dec 2022 22:29

Wow! I'm inspired! Keep it up! Remember, we all care for you, we are brothers here. Every drop of goodness is there forever. One week clean is one day clean, forever yours and makes Hashem proud. Remember that you are a tzaddik just for being here. If you weren't interested in being better you would find another pastime. Hashem is so proud (and I am too)

Keep us posted, my friend

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Re: One more try

Posted by ytw - 12 Dec 2022 01:32

wow, keep it up, stay strong my friend, lets do it together.

on a side note I'd strongly suggest you start the flight to freedom program and to get a co-pilot, it's a real life changer.

keep us posted how it's going, if you need any further assistance pls let us know.

your friend

ytw

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Re: One more try

Posted by ikeepfalling - 15 Dec 2022 00:07

10 days!!

first time in about 2 years to hit double digits.

feeling a little more in control. urges not as powerful.

good luck to all

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Re: One more try

Posted by Eerie - 15 Dec 2022 00:11

Keep it up, my friend! We all here are rooting for you! Keep us posted

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Re: One more try

Posted by grateful4life - 15 Dec 2022 03:25

[ikeepfalling wrote on 15 Dec 2022 00:07:](#)

10 days!!

first time in about 2 years to hit double digits.

feeling a little more in control. urges not as powerful.

good luck to all

That's awesome news!! Thanks for sharing and keep posting - it's so important and helpful!

Maybe change your username to give some positive energy - i.e. Ikeepwinning!, lamawinner! or Let'sdothis together!

Wishing you much Hatzlacha!

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