

Going up

Posted by yesoidshebiyisoid - 11 Oct 2023 22:58

Hi!

It's been a rough bein hazmanim (falling almost every day) and I decided to start 90 days for the second time. Last time I did just above 15, but I hope that with your support I will make it to day 90.

On this forum I will be writing about my struggle with P&M and the physical exercise I do which I find to be the most helpful strategy

Now I'm on day one; I'll let you know how tomorrow goes!

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Re: Going up

Posted by Yeshayahu 41:6 - 11 Oct 2023 23:01

Wishing you lots of hatzlacha and looking forward to hearing from you!!

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Re: Going up

Posted by bright - 12 Oct 2023 16:48

[yesoidshebiyisoid wrote on 11 Oct 2023 22:58:](#)

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Did you try an accountability program?

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Re: Going up

Posted by ?????????? - 12 Oct 2023 19:16

YES YOU CAN !!!!!

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Re: Going up

Posted by yesoidshebiyisoid - 12 Oct 2023 22:12

Baruch hashem I am now on day two and I went biking for twenty minutes which is really geshmak.

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Re: Going up

Posted by yesoidshebiyisoid - 12 Oct 2023 23:08

Did you try an accountability program?

Do you mean the partner thing?

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Re: Going up

Posted by bright - 12 Oct 2023 23:46

No with a mentor. Reach out to Hashem Help Me

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Re: Going up

Posted by yesoidshebiyisoid - 15 Oct 2023 18:55

Hi. Baruch Hashem I am still going strong and I'm on day five. (Doesn't happen too often.)

Does anybody have ideas of what to do as a self-reward for every five to ten days?

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Re: Going up

Posted by Vehkam - 15 Oct 2023 20:52

Ice cream or similar always worked for me.

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Re: Going up

Posted by yesoidshebiyisoid - 16 Oct 2023 18:44

Thank you.

Now I know just what I'll be doing this lunch break...

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Re: Going up

Posted by yesoidshebiyisoid - 13 Nov 2023 04:57

It's been a while since I last posted. I made it up to 18 days (my personal record!) and then fell a few times. I got in touch with a partner and have spoken to Hashemhelpme. Now I am in day 7. I'm starting see that there is light at the end of the tunnel. !???? ???

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Re: Going up

Posted by hopefulposek - 13 Nov 2023 14:06

Awesome! wow, it's amazing that you went 18 days, really shows that you care about changing. Great idea reaching out to HHM for guidance, keep it up and keep posting (I found that when I had a good streak I would get complacent and stop posting which resulted in a lack of focus and complacency which led to you-know-what). It's very normal to struggle especially around the 2-3 week period, so don't give up, now you have a new target to focus on and with Hashems help blow past. Keep marching forward towards the victory which will someday be yours. (besides for the many victories which you are having right now in the day to day)

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Re: Going up

Posted by yesoidshebiyisoid - 14 Nov 2023 20:14

Last night was tough, but thanks to HHM's instructions I Baruch Hashem made it through. Now I'm holding day 8.

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Hatzlachah, there definitely is light at the end of the tunnel

Re: Going up

Posted by true_self - 15 Nov 2023 20:51

Day by day, that's the way to do it my friend!

Keep it up we are all rooting for your success.

Try updating every single day, it could be a good means of accountability. Share your hardships & victories.

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Re: Going up

Posted by yesoidshebiyisoid - 07 May 2024 13:37

Hi. It's been a while. I figured that if posting has heloed me before, I may aswell continue.

This past bein hazmanim was actually the best one in a while, or even the best one yet. I fell about five times (compared to almost daily) and had a 14 streak within that time, something I've accomplished 2 or 3 times before.

Now I'm at day 3. I will continue posting ????? ? on a daily basis.

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