

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 yesoidshebiyisoid - 09 May 2024 12:49

Day 5. Baruch Hashem I'm doing much better in Yeshiva. Probably has alot to do with this.

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Re: Going up

Posted by yesoidshebiyisoid - 10 May 2024 17:22

Day 6.

Have an enjoyable and uplifting shabbos to all ?????? GYE community members!

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Re: Going up

Posted by yesoidshebiyisoid - 12 May 2024 13:58

Day 8

It's amazing how I made it this far without as much of a struggle. It used to be nearly impossible.

Practice really does make it easier!

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Re: Going up

Posted by yitzchokm - 12 May 2024 19:20

Expect that you may experience what they call a pink cloud at some point early in recovery when your struggles completely disappear. After a short time they come back. Keep up the good fight.

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Re: Going up

Posted by yesoidshebiyisoid - 12 May 2024 21:03

Right. I do see a pattern that week 1\2 can be a breeze and then week 2\3 the urges return with full force. So far my record is 3 weeks and with Hashem's help this time I will make it past that anf beyond.

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Re: Going up

Posted by yesoidshebiyisoid - 13 May 2024 17:44

Day 9

Yesterday was a bit difficult because I wasn't feeling well and wanted to numb the pain, but Baruch Hashem I pulled throgh and am feeling better today.

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Re: Going up

Posted by yesoidshebiyisoid - 14 May 2024 19:03

Day 10

Last night it took me such a long time to fall asleep which made it difficult, but Baruch Hashem I kept strong. Before I started this journey I was never able to overcome such a situation.

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Re: Going up

Posted by yesoidshebiyisoid - 15 May 2024 12:45

Day 11

I've been taking brisk walks for a ½ hour daily, and it's been really helpfull. As important people say exercise is I still think it's underrated.

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Re: Going up

Posted by yesoidshebiyisoid - 16 May 2024 22:45

Day 12

The view is nice from up here.

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Re: Going up

Posted by redfaced - 17 May 2024 02:21

[yesoidshebiyisoid wrote on 16 May 2024 22:45:](#)

Day 12

The view is nice from up here.

It gets nicer. Much nicer.

KOT!!!

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Re: Going up
Posted by yesoidshebiyisoid - 17 May 2024 19:41

Day 13

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Re: Going up
Posted by jackthejew - 19 May 2024 04:30

[yesoidshebiyisoid wrote on 17 May 2024 19:41:](#)

Day 13

May you be Zoche to continue through Netzach Sheb'netzach!

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Re: Going up
Posted by yesoidshebiyisoid - 20 May 2024 02:53

I had a fall today. Sometimes I feel like I just don't care to stay clean and all that's important is that sensation. But this has been my cleanest past month and a half.

Any advice for what to do when you lose your will to stay clean ,but in the back of your mind, don't want to do it?

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Re: Going up
Posted by yesoidshebiyisoid - 21 May 2024 04:02

Day 1

I'm still on the mountain, climbing higher.

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