

14 days!!

Posted by funbuchur - 02 Nov 2023 04:39

Just finished 14 days. Not stopping here but proud of myself. Dunno where to post cuz this forum is to complicating for me but posting here.

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Re: 14 days!!

Posted by funbuchur - 09 Jun 2024 17:03

Day 16

Going well. 2-3 week hurdle have to be extra vigilant. The urges come in fast and unexpected need to be ready for them.

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Re: 14 days!!

Posted by eraygrand - 09 Jun 2024 18:36

Listen to today's ??????. Great perspective on changing how we view these challenges. Instead of looking at each urge and fight as a nisoyon look at it as an opportunity to do a ?????.

Remember to check in at the end of a day, week or month and think about the number of successes you have accumulated for every urge that you fight off (you have probably lost count over a 16 day period)!

Keep up the fight!!!

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Re: 14 days!!

Posted by funbuchur - 10 Jun 2024 16:49

Wow you are so right. Need to constantly try to change my perspective not what I'm used to at all.

Day 17

Excited to go into shavous doing the right thing and working on this.

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Re: 14 days!!

Posted by funbuchur - 11 Jun 2024 20:57

Fell last night. A bunch of triggers at the same time really a mess coulda done better.

starting shavous soon kabolah hatorah will hopefully be a good continuation and a boost to have a great summer.

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Re: 14 days!!

Posted by notezy - 12 Jun 2024 18:51

Always rooting for you man keep going

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Re: 14 days!!

Posted by funbuchur - 16 Jun 2024 16:51

Fell last night.

Day 1.

when I reach day 14 gonna reward myself. If you see this and see my forum in 14 days remind me.

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Re: 14 days!!

Posted by Heeling - 16 Jun 2024 17:04

[funbuchur wrote on 16 Jun 2024 16:51:](#)

Fell last night.

Day 1.

when I reach day 14 gonna reward myself. If you see this and see my forum in 14 days remind me.

Wow! Kudos!

Will do!

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Re: 14 days!!

Posted by funbuchur - 18 Jun 2024 16:45

Day 3

Going well yesterday had small urge but it past quickly bh

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Re: 14 days!!

Posted by funbuchur - 19 Jun 2024 19:09

Day 4

full day so far. And keeping busy

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Re: 14 days!!

Posted by Muttel - 19 Jun 2024 19:16

[funbuchur wrote on 19 Jun 2024 19:09:](#)

Day 4

full day so far. And keeping busy

Keep it up and keep inspiring us!

Muttel

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Re: 14 days!!

Posted by funbuchur - 23 Jun 2024 17:24

Fall motzei Shabbos in M

gotta reset and be better. Next time I get urge like this I will immediately go to a different room for at least 4 min

day 1

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Re: 14 days!!

Posted by funbuchur - 25 Jun 2024 17:12

Day 3.

starting to read battle of the generation. I read through it before but read it as Information. Want to read it and try to use some of the tactics and ways of thinking.

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Re: 14 days!!

Posted by funbuchur - 26 Jun 2024 17:16

Day 4

I had a slip last night and it got me thinking, I had 60+ days clean and was doing so well what happened that now I'm back into this falling weekly and not motivated and feel like it's a drag.

I came to the realization (especially after @proudyougerman has been pushing me) that in the 60 days at that time I was speaking with someone from gye and being accountable and calling him. I was staying vigilant in staying away from triggers and I have written down what steps I need to take to not be in a danger zone, each day taking a commitment to stay away...

Recently I stopped messaging him I don't know exactly why, it's a couple reasons together. I guess also it's also hard for me to have phone calls no place of privacy here and I'm terrified of someone hearing that I'm on the phone to fix this (the thought of that terrifies me) and when I don't call it turns into a routine thing of texting each day, which makes it less meaningful.

I really believe that if I want to beat this I need to reach out and call but I really can't get myself to do it.

Maybe sounds like a lot of excuses for myself. But at least I know what steps I have to take I guess that's a positive.

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Re: 14 days!!

Posted by Heeling - 26 Jun 2024 17:35

Your doing great with the posting so keep that up. Dont think o much about the mess up - focus on the 60 days you have (note: HAVE not HAD) clean becuae they never go away and how many times did you say no in those 60 days? so its much more than then 60 wins.

Keep plowing and keep reaching out,

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