

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 notezy - 25 Feb 2024 17:37

Keep going m8 rooting for you msg me if you need to talk about it

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Re: 14 days!!

Posted by funbuchur - 26 Feb 2024 18:22

Day 24

feeling stronger

started listening to this conversation by YY Jacobson and Eli nash it is incredible the way it talks abt this issue and gives a lot of chizzuk and really puts a amazing perspective which I haven't really "got" till now.

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Re: 14 days!!

Posted by ytw - 26 Feb 2024 20:06

Hold on tight buddy. Hashem needs you. (and so do we...)

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Re: 14 days!!

Posted by funbuchur - 27 Feb 2024 18:18

Day 25

Still listening to this conversation. Long but fascinating. He says how addiction or acting out isn't the problem it's the solution meaning why r u acting out. It's because I'm trying to cope with something or escape something. So the reason I act out is the solution I have for the deeper problems. Once you figure out what that is you can figure out the correct way to respond and then you won't need to go to p and m. Can't write it all here but I am starting to really try to stay aware and figure out why I went to this and what I can do to respond in a healthy way.

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Re: 14 days!!

Posted by funbuchur - 28 Feb 2024 19:01

Day 26.

crazy that I'm still here and going. Now that I've been clean for a while and I'm doing well still being vigilant, but trying to focus on the why and how to fix the deeper reasons.

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Re: 14 days!!

Posted by youknowwho - 28 Feb 2024 19:34

[funbuchur wrote on 28 Feb 2024 19:01:](#)

Day 26.

crazy that I'm still here and going. Now that I've been clean for a while and I'm doing well still being vigilant, but trying to focus on the why and how to fix the deeper reasons.

It's the new normal for you! Enjoy your new reality. You are forging and trudging on, step by step, doing good emotional work and we are all rooting for you! (Gosh, it sounds like I swallowed the uniform of that cheerleader I was craving, somebody please pinch me back into my usual morbid nastiness)

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Re: 14 days!!

Posted by notezy - 28 Feb 2024 20:14

Great to hear the good news

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Re: 14 days!!

Posted by notezy - 28 Feb 2024 20:14

Great to hear the good news keep going

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Re: 14 days!!

Posted by funbuchur - 29 Feb 2024 17:52

Day 27

Tomorrow is 28 and that's the day reached last time i started the 90 day challenge. The difference is last time I really felt like I was exerting energy in NOT FALLING. but now that's not really my focus and it feels a lot better. Not as stressful and nerve-racking.

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Re: 14 days!!

Posted by notezy - 29 Feb 2024 18:07

Great to hear the good news again

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Re: 14 days!!

Posted by funbuchur - 03 Mar 2024 17:50

Day 30

I can't believe I'm here writing this.

I don't wanna ruin this big milestone but last night I really had a slip and without my filter being good definitely would've fell all the way but bh I didn't.

Thank you everyone for being so supportive. It really helps the fact that I can update daily and have positive feedback and encouragement. This is just the beginning!

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Re: 14 days!!

Posted by Hashem Help Me - 03 Mar 2024 21:18

Mazel Tov on 30. May Hashem help you turn that 30 into 300, and then 3000, and then.....
Hatzlocha!

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Re: 14 days!!

Posted by funbuchur - 04 Mar 2024 18:17

Day 31.

This is uncharted territory for me. Gonna keep doing what I've been doing.

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Re: 14 days!!

Posted by notezy - 04 Mar 2024 18:24

Congratulations

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