

I'm genna do this.

Posted by zcleang - 25 Feb 2024 04:19

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Hey guys! I'm currently 8 days clean from p&m (although on the site it says 6 days).I feel inspired, Tahor, and overall amazing.

Im going strong but i feel that starting to post my progress here daily will help give me more achrayus, give me more chizzuk, and all around keep me focused on my journey to freedom.

I'm going to try my hardest, every night before bed, to post a little synopsis of my day; if I had any hardships in this inyan, any slight slip ups, urges, or if I didn't follow my regiment/plan correctly.

Hopefully with siyata dishmaya this will helpme continue my mission. Gn and a gut voch!

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Re: I'm genna do this.

Posted by OTRBACKONTRACK - 25 Feb 2024 20:55

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Sounds great. May Hashem give you chizuk to make it happen

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Re: I'm genna do this.

Posted by zcleang - 26 Feb 2024 06:15

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Bh was busy today up until now at 1:14 am, so didn't really have time to have any urges. TYH!

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Re: I'm genna do this.

Posted by chaimoigen - 26 Feb 2024 12:24

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Great to have you on board!

Stick around, stay in touch.

There are great folks on these boards, and a lot to learn from the threads, stories, life experience and wisdom here. And we look forward to getting to know you better!

Wishing you a lot of Hazlacha!

Chaim Oigen

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Re: I'm genna do this.  
Posted by zcleang - 27 Feb 2024 18:33

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Bh had an amazing day ten! I actually wrote something last night but fell asleep before I could push submit and lost it!

(It's been so easy that I'm getting nervous when the "calm before the storm" is genna be over and I hope that when it gets challenging I can continue doing what I'm doing.)

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Re: I'm genna do this.  
Posted by Heeling - 27 Feb 2024 21:58

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Bro, get your plow ready for the storm and keep plowing!

That being said, dont listen to the weather, focus on the moment.

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Re: I'm genna do this.  
Posted by OTRBACKONTRACK - 27 Feb 2024 23:25

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I'm from the keep on truckin generation myself. But plowin sounds good too.

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Re: I'm genna do this.  
Posted by Heeling - 28 Feb 2024 01:03

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When I say plowing – I’m talking about ‘no raise plow policy’ which means even if there are bumps in the road – WE PLOW and let all of the roadblocks break from our determination.

So lets keep trucking that plow and break free.

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Re: I'm genna do this.  
Posted by zcleang - 28 Feb 2024 05:45

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Day 11 was easy again bh! No real urges! I did start feeling a slight feeling like I'm missing something.. idk I can't explain but it could just be I'm in my head. Looking forward to reaching 2 weeks clean which will be a big motivation as it's been a long long time since I've been there!

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Re: I'm genna do this.  
Posted by funbuchur - 28 Feb 2024 17:54

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Incredible!!!

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Re: I'm genna do this.  
Posted by Hashem Help Me - 29 Feb 2024 04:34

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Welcome. It should be with hatzlocha

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Re: I'm genna do this.  
Posted by zcleang - 29 Feb 2024 04:42

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Day 12 was for the most part easy bh! Had 2 urges unfortunately but tyh that I passed them. I feel it getting harder but I want to do this for real!!!! Hoping I can continue to overcome urges and temptations in the future iyh.

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Re: I'm genna do this.  
Posted by eerie - 29 Feb 2024 19:18

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Having people to talk to really helps weather those moments

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Re: I'm genna do this.  
Posted by zcleang - 29 Feb 2024 19:25

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Oyvay I fell. Day 13 I fell. It's funny I usually feel way worse about myself after I fall, this time I feel horrible Ofcourse, but I feel like im

not back where I started. I worked for 2 weeks and I accomplished.

Idk what I did wrong however. It was easy until about 3 days ago. And then urges started coming, and then I had a large urge today which led me to give in a little and the rest is history. Is there something I could've done to mitigate urges even more? Or urges are genna come and I needa be stronger to not falter one iota.

It's so sad how the yetzer hara gets you to give in in such small and nuanced ways until he gets you in one

big swoop. I knew it while I was doing it but it was too late to overcome the challenge. So upset at myself for giving in.

please help

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Re: I'm genna do this.

Posted by eerie - 29 Feb 2024 19:29

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First of all, here's a hug!

Urges will come. Check out the f2f program to learn some tips and techniques for urge surfing. Keep up the amazing work, and make some friends here. It can really help!

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