my journey
Posted by realjoy - 27 Feb 2024 04:38

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hi pls help me on my 90 day journey

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Re: my journey
Posted by yiftach - 27 Feb 2024 12:59

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Hey There!

Hatzlacha on your journey!!!

Post a bit abt ur feelings, hardship and successes and the support will come flowing!

Regardless, KOT!

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Re: my journey
Posted by realjoy - 28 Feb 2024 00:52

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b"h today is my 17 day

was good with no urges but i have to be ready for the hard days

when its good you can even imagine falling and when its bad you cant even imagine being good

we have to work on remembering in good times that there are difficult days and we have to be ready

and in bad times we have to remember there is also good days to come

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Re: my journey
Posted by iwannalivereal - 28 Feb 2024 04:42

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I love how you wrote about remembering the good days during the bad, and the bad days during the good. Definitely do try to use these good days to build yourself up for the harder days. I've found many good solid tools in the battle of the generation book that I constantly try to chazzer over and over during the good days. Learning and practicing tools during the good days is the biggest and strongest thing that has really helped me overcome the nisyonos of the bad days.

Hatzlacha!

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Re: my journey
Posted by realjoy - 01 Mar 2024 15:47

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hi my 22 day bh

meaning 528 hours clean

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Re: my journey
Posted by realjoy - 05 Mar 2024 14:07

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hi day 26 was so hard yesterday almost slipped but b"h got over it

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Re: my journey
Posted by redfaced - 05 Mar 2024 14:14

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[realjoy wrote on 05 Mar 2024 14:07](#)**:**

hi day 26 was so hard yesterday almost slipped but b"h got over it

Amazing!!

Like Iwannalivereal says take that emotional high of overcoming the YH and use it to propel you further!!

Hatzlocha!!

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Re: my journey
Posted by notezy - 05 Mar 2024 21:09
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Good for you man I somehow didn't see this thread till today but good for you keep it up man I am rooting for you

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