

Day 62

Posted by yehudam - 03 Mar 2024 12:40

Hi, so we are at day 62 tbh it's been very bumpy the past 2 weeks lots of down feelings and lost feelings what I realized is I need a new outlet rather the running to p and m, bh I've been keeping to my heavy scedule during the week getting up 5:30am going to mikva and then learning and davening then work, just after work it's been abit of a Grey area with my scedule and Sundays, somedays I just wonder how in the world am I gonna battle this for the rest of my life it seems impossible, another thing I've been noticing my eyes just want to wonder around iyh I'll get that under control again, a few tips that have helped me through thease days is to be aware of when an urge starts to come up and doing something about as soon as possible whether it is writing down on notes what you are thinking or calling up a freind to meet up and of course best of all going to learn in shul if you can push yourself to even though it is very diffuct if anyone got anymore ideas pls lmk yalla let's do this let's keep fighting this warrior stay strong!!!!

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Re: Day 62

Posted by notezy - 03 Mar 2024 15:13

Sounds like you're peering over the edge of that slippery slope and you know it. and the YH is crawling under your skin. Making your thinking foggy. Sounds like you need to clarify your motivation by talking to someone. But know that speaking on your problem won't fix it in your heart, and to fix it in your heart you must belive you can which you seem to have lost over that 62 days you probably had it somewhere along the line so what caused it to go away? my guess YH telling you to think bigger and bigger untill you don't think you can manage you get sick in your stomach from there it's a matter of well if I can't do it then why bother? and from there well why invest in somthing that will fail anyways? meaning it will all mean nothing and short term pleasure is worth more then that...So the question you should ask yourself: Is my 62days worth somthing and if the answer is no well thats probably why you are losing motivation. I think I could go on but I am just rambling at this point....

The older people on here will probably tell you to read a book (the book TBOTG) and take it 1 Day at a time.

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