

Day 70

Posted by helpme24 - 08 Apr 2024 21:50

Hi I'm going into day 70 it's getting easier in one way but in the other hand it is getting boring to fight and I feel from time to time like "treat yourself " even though I know it is the worst thing that can be

anyone can relate?

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Re: Day 70

Posted by funbuchur - 08 Apr 2024 22:30

Yes very much so.

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Re: Day 70

Posted by redfaced - 08 Apr 2024 22:51

[helpme24 wrote on 08 Apr 2024 21:50:](#)

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anyone can relate?

You should absolutely treat yourself. Go out and buy yourself something special as a small recognition of how far you've come so far!!!

KOMT

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Re: Day 70

Posted by Heeling - 08 Apr 2024 23:51

Yes! my friend. you should and you must treat yourself.

Treat yourself to a food or drink or anything that your body will enjoy as long as Hashem will be proud of whatever is it that you decide to do....

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