

I DONT WANT THIS

Posted by j1809090 - 21 May 2024 01:59

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At 20 days right now but have been hitting some major bumps. Just a reminder to myself not to give up, this is a lifestyle you want to erase. To fall will not ease anything!!! Keep fighting!"

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Re: I DONT WANT THIS

Posted by redfaced - 21 May 2024 12:12

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[j1809090 wrote on 21 May 2024 01:59:](#)

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More than its a lifestyle you want to erase.

Living free is the alternative that you desperately want!!!

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Re: I DONT WANT THIS

Posted by notezy - 21 May 2024 12:44

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Great to hear your at 20 days

happy for you. Keep your spirits up.

Maybe reward yourself go get some sushi, ice cream or something.

Keep in mind not to fall into the headspace of the reward marks the end of your efforts keep striving!

These are the moments that define our success.

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Re: I DONT WANT THIS

Posted by 5770 - 21 May 2024 23:44

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20 days is nothing to be sniffed at. There are bound to be bumps in the road, the yetzer is getting desperate!

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