

The journey

Posted by JARES90 - 18 Jun 2024 01:26

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I keep having setbacks and I really need accountability. Therefore gonna try to post a daily update starting tom on my journey to 90. Really hope you guys can be there along the way to offer chizzuk and advice. This is the only thing I can think of right now to keep me from falling into depression about my latest fall

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Re: The journey

Posted by JARES90 - 18 Jun 2024 01:47

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My goal is to have 30 days clean of any inappropriate material and then built off of that to 90

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Re: The journey

Posted by chosemyshem - 18 Jun 2024 13:50

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Crush it! Thanks for allowing us to share in your ride.

Daily post updates are great. But the best accountability is with a real actual person. Have you spoken to HHM?

What else are you doing to stay clean?

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Re: The journey

Posted by JARES90 - 18 Jun 2024 16:40

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Ya trying to get an accountability partner.

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Re: The journey

Posted by ShtetlMan - 18 Jun 2024 17:17

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Hello, I've just started a new count (had a fall after 8 days clean) and I think 30 days is more doable to start than 90

Seems like we follow the same ??? and are at the same point (today will be a new beginning for me and I hope for you too bezH!!)

???? ????? !!

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Re: The journey

Posted by JARES90 - 19 Jun 2024 13:01

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Day 1: posting this a day late. Was super busy yesterday which was great, basically no urges, staying level headed and trying to be vigilant. Going to airport today so got keep my guard up.

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Re: The journey

Posted by JARES90 - 20 Jun 2024 03:13

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Day 2: was going great than almost slipped out of nowhere, thank god didn't fall. Just gotta keep grinding. One day at a time. Super happy now that I didn't fall!

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Re: The journey

Posted by ShtetlMan - 20 Jun 2024 11:36

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[JARES90 wrote on 20 Jun 2024 03:13:](#)

Day 2: was going great than almost slipped out of nowhere, thank god didn't fall. Just gotta keep grinding. One day at a time. Super happy now that I didn't fall!

Chazak !!!

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Re: The journey

Posted by JARES90 - 21 Jun 2024 18:57

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Day 3: was going really well but I have this one computer thats still unfiltered which just keeps calling to me. I've been trying to get my dad to filter it which he said he will but he just hasn't got around to, went on for sec than quickly shut it off and that was it. BH. I'm out of my house for the weekend and my dad said he's gonna take care of it this weekend so hopefully that's taken care. I'm still counting it as a clean day.

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Re: The journey

Posted by JARES90 - 23 Jun 2024 02:40

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Day 4: strong clean day!

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Re: The journey

Posted by JARES90 - 23 Jun 2024 02:41

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Day 5: uplifting shabbos, another clean day

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Re: The journey

Posted by ShtetlMan - 23 Jun 2024 16:35

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Did you manage to put a filter on the computer?

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Re: The journey

Posted by JARES90 - 23 Jun 2024 23:15

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Wow really appreciate you following up . For real. Bh yes got it filtered over the weekend.  
THANK YOU for following up.

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Re: The journey

Posted by JARES90 - 24 Jun 2024 03:42

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Day 6: Sundays could be tough with more freedom, however I occupied my time and had a strong day.

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Re: The journey

Posted by jonthen123 - 24 Jun 2024 12:15

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wowo how or you today stay strong you or amzing

we or wating for your update

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