

The journey

Posted by JARES90 - 18 Jun 2024 01:26

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

=====

Re: The journey

Posted by amevakesh - 07 Jul 2024 22:10

You fell down, shake off the dust, take pride in your accomplishment, and get back up with the realization that your much better off than when you first started. Now ask yourself, what am I going to do differently this around, so that I'll be able to do better. Have you tried reaching out to HHM yet? Posting on this wonderful site, is a great start, but it doesn't hold a candle to picking up the phone a talking to a real live person, who by the way has tons of experience and a great big heart, who will likely understand you better that you understand yourself. I remember when I first came to the site, I was taken by the concept of a steak, and I thought, that's it, I'm good to go. Well what do you know, 42 days later, I found myself back to where I started. So I picked up the phone and called HHM. It was the best thing I did for myself. He has helped countless people break free, and although it might be scary at first, it's so worth it. It might just change your life, like it did for so many others. Don't travel this journey alone, if you can travel it with friends that care. We're all rooting for you.

=====

Re: The journey

Posted by proudyungerman - 08 Jul 2024 00:19

I don't have anything to add to amevakesh's beautiful and compelling words.

All I can add is to second this idea and say that I am where I am today because I worked up the courage, picked up the phone, worked up the courage again, called IWLR, and then a few days later reached out to HHM. (michelgelner@gmail.com)

It was a total gamechanger for me.

Please seriously consider it.

(And there's other people, too - like amevakesh! Also eerie, chaimoigen, chosemyshem, and many others...)

=====
=====

Re: The journey
Posted by JARES90 - 08 Jul 2024 02:30

Day 1: made it through, def fought. But happy at the end of the day. I will really consider it. Is the only way to communicate with HHM through phone call?

=====
=====

Re: The journey
Posted by amevakesh - 08 Jul 2024 02:41

Not the only way, but definitely the most effective. You can email him or PM him. He will then give you his google voice number if you want to speak to him. Do yourself the favor of your life. PLEASE, JUST DO IT. We're all rooting for you. Keep on rocking!

=====
=====

Re: The journey
Posted by JARES90 - 09 Jul 2024 02:16

Day 2: strong throughout the day, got a little shaky tn. But still in it

=====
=====

Re: The journey
Posted by JARES90 - 10 Jul 2024 04:53

Day 3: Whole day good, got home had shaky 5 min, than just walked away had a great rest of night. Feeling empowered

=====

=====

Re: The journey

Posted by JARES90 - 11 Jul 2024 04:25

Day 4: great day, strong finish

=====

=====

Re: The journey

Posted by JARES90 - 12 Jul 2024 06:05

Day 5: Great day, got a little shaky but I'm still here

=====

=====

Re: The journey

Posted by JARES90 - 14 Jul 2024 02:34

Day 6: made it through

=====

=====

Re: The journey

Posted by JARES90 - 14 Jul 2024 02:35

Day 7: one week down, hard and a grind but happy to be here

=====

=====

Re: The journey

Posted by Muttel - 14 Jul 2024 09:45

Just checking in. Have you reached out to HHM?

Congrats on this week of purity, *forever yours*. From your posts it would seem you've had triggers over the week that you overcame. HHM will help you set yourself up in a way you can be free of triggers - enabling you to go further with less struggle....

it's well worth the energy it takes to call him, I've been where you are!

Muttel

=====
=====

Re: The journey

Posted by JARES90 - 15 Jul 2024 04:39

Day 8: strong clean day, thanks Muttel I need to muster the courage to call him but right now I just don't feel comfortable. Need some time

=====
=====

Re: The journey

Posted by amevakesh - 15 Jul 2024 12:19

If HHM is too intimidating (which he's not), try reaching out to Muttel. He'll teach you how to muster up the courage and make friends quickly. I think he had circle of about 20 friends before 3 weeks went by. It can be hard to reach out at first, but it's so worth it. It's like jumping in to a cold swimming pool, hard for a second, but as soon as you start swimming, it becomes invigorating. Try it. Your life will never be the same.

=====
=====

Re: The journey

Posted by redfaced - 15 Jul 2024 13:05

amevakesh is a pretty good friend too

(as long as hes not trying to prank call me)

=====

=====