

MAGA! Make Aynayim Great Again

Posted by time2win - 16 Jan 2025 22:59

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Happy to share that I am on day 15 of my journey to 90 days! So far it's been pretty easy.

I confess that I am using artificial motivation as a rocket booster in my recovery. I made a deal that if I reach 90 days, I'll buy myself an expensive piece of fitness equipment (I'm a fitness buff). It's not really in my budget, but, what the heck, YOLO right?

Anyway, will post my origin story in the intro forum topic when I get the chance. It's pretty long so will need to come in installations.

Have a good shabbos y'all :-)

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Re: MAGA! Make Aynayim Great Again

Posted by cleanmendy - 16 Jan 2025 23:05

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Welcome, hope you get there safe and sound with no bumps on the road! But as the saying goes take one day at a time! Hatzlacha!

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Re: MAGA! Make Aynayim Great Again

Posted by amevakesh - 17 Jan 2025 01:17

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Welcome! Looking forward to getting to know you. Sound like a great first step your taking. As long as you realize that for the long term, you're gonna need some type of plan. Artificial incentives work to get you out a rut, but it's hard to imagine that they'll help effect real change. But if this what you need to do to take the first step, then whatever works to motivate you is

great. If it needs to be artificial, then so be it. We're looking forward to hearing from you.

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Re: MAGA! Make Aynayim Great Again  
Posted by time2win - 20 Jan 2025 00:19

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On day 19. Today was clean, but initial excitement of starting anew is wearing off. This is to be expected.

started teeny slipping, like browsing podcast app for "spicy " podcasts. Nowhere near anything like my red lines, but got to nip it in the bud. I am stronger than my testosterone. Tomorrows gonna be better, otherwise I'll be sliding towards a relapse no doubt. Will check in on Tuesday. Thanks for listening

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Re: MAGA! Make Aynayim Great Again  
Posted by time2win - 24 Jan 2025 17:22

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Day 23. Doing ok. Some urges yesterday. Had my wife temporarily unblock the AppStore so I can update my apps. Having even temporary access to the AppStore was a trigger, but I stayed out of trouble. Feeling optimistic that I can make it to 90. It's gonna be work though

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Re: MAGA! Make Aynayim Great Again  
Posted by lamaazavtuni - 24 Jan 2025 18:30

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Feel you brother, I'm holding on day 23 also so LCHAIM , but yes it gets freaken hard but I'm sure your starting to see the light of victory becoming more and more tangible!! And you start feeling like a whole new person everything s fresh and fresh. Hatslcha brother maga keep us posted I'm rooting for you.

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Re: MAGA! Make Aynayim Great Again

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Posted by hytoo - 26 Jan 2025 00:24

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Hatzlacha!!! Let's keep it up!!

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Re: MAGA! Make Aynayim Great Again

Posted by time2win - 31 Jan 2025 12:29

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Had a fall this week. Disappointed? Yes. Disheartened? Not really. Got a 26 day clean streak, which is very good by my standards.

More importantly, by way of analogy, If I ate healthy for 26 days and then had one day of *fressing* and being a couch potato, does that mean I am back to square one in my quest for better health? No, it just means I had one day of poor decisions. The gains from the 26 healthy days are still there.

I may have lost the battle but am going to win the war. The fight continues.

Current streak: 3 days. Time2Win!

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Re: MAGA! Make Aynayim Great Again

Posted by yosefms - 31 Jan 2025 12:48

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Thanks for your post. It gave me chizuk big time. It's easy to fall into hopeless mode after you fall but you've done the total opposite which helps people so much you have no idea how many neshomos you have saved by doing this.

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Re: MAGA! Make Aynayim Great Again

Posted by stopsurvivingstartliving - 31 Jan 2025 13:06

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I love this attitude. Wish I had that after a fall. It's a very special thing!

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Re: MAGA! Make Aynayim Great Again

Posted by lamaazavtuni - 31 Jan 2025 14:10

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Keep that strength my friend and maybe call one of the tzadikem here BEFORE the fall it helps a lot to calm the urge and to think more logically that you don't really want this. Any way hatslcha keep us posted (btw I almost fell on day 28 so I totally understand you).

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Re: MAGA! Make Aynayim Great Again

Posted by Muttel - 31 Jan 2025 15:15

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Welcome!

Your thread is great and looking forward to getting to know you!!

Muttel

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Re: MAGA! Make Aynayim Great Again

Posted by time2win - 19 Feb 2025 11:11

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Good news! Had a success last night.

Was feeling frustrated. Parnassah frustrations, kids driving me nuts. Had this "F everything"

feeling and wanted to act out. also, I'm at the three week mark so brain wants a hit.

didn't give in. Time2Win!

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Re: MAGA! Make Aynayim Great Again

Posted by azivashacheit101 - 19 Feb 2025 15:40

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I really feel for you, I'm at 21 days and my original comitment is starting to get real thin, It's easier to keep at it each time around though in the last 3 months I has 12 days, 28 days and now I'm at 21 (and these 21 were fully clean not just from P and M but from baisically all acting out)

I know it's getting rough but keep at it!

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Re: MAGA! Make Aynayim Great Again

Posted by lamaazavtuni - 19 Feb 2025 23:22

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ayin sham my post not sure when it was think around three weeks but it got bleepen hard.  
ride the wave buddy thats all it is

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