

Let's give it a shot

Posted by sytv2002 - 11 Mar 2025 17:01

Hey everyone. I'm going to try something new. I will commit to commenting on here every day for 90 days. I've already fallen today so starting tomorrow will be day 1. Do I think I can get to 90 days clean? Not really no. Not at all actually. But let's see what happens. But win or lose, I'll give a daily update. Would love all to join me.

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Re: Let's give it a shot

Posted by sytv2002 - 31 Mar 2025 14:09

Day 10 posting... day 1 clean... let's make it a great day

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Re: Let's give it a shot

Posted by sytv2002 - 02 Apr 2025 00:56

Day 11 posting... day 0 clean... sigh

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Re: Let's give it a shot

Posted by sytv2002 - 02 Apr 2025 15:01

Day 12 posting... day 1 clean... feeling positive. I made an email to communicate a littler easier with the community. Sytv2002@gmail.com

still working on Google voice I think my filter is causing problems there... all good will try to figure it out

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Re: Let's give it a shot

Posted by sytv2002 - 03 Apr 2025 23:00

Day 13 posting... had a great day was clean and distracted... but not the last hour. Big fall. Not as big as I used to indulge, but still a half hour around. Didn't really fight it. Didn't have the motivation. Like I didn't care. Sigh... day 0 clean... onward

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Re: Let's give it a shot

Posted by sytv2002 - 04 Apr 2025 22:48

Day 14 posting... day 1 clean. Went to the Mikvah erev shabbos. Feeling strong. lyh will have a clean shabbos

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Re: Let's give it a shot

Posted by sytv2002 - 06 Apr 2025 02:56

Day 15 posting... day 2 clean... shabbos bh hasn't been a struggle recently. Not feeling too strong now though...

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Re: Let's give it a shot

Posted by boardg - 06 Apr 2025 04:08

are there any emotions (angry, loneliness, boredom etc.) that you feel before acting out?

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Re: Let's give it a shot

Posted by sytv2002 - 06 Apr 2025 19:42

Day 16 posting... day 0 clean. Just no motivation to fight. Bored and just feeling down

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Re: Let's give it a shot

Posted by sytv2002 - 07 Apr 2025 15:29

Day 17 posting... day 1 clean... please Hashem just today let me stay clean

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Re: Let's give it a shot

Posted by sytv2002 - 08 Apr 2025 15:20

Day 18 posting... day 2 clean... sort of I guess. Poked around but didn't really see anything.

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Re: Let's give it a shot

Posted by sytv2002 - 09 Apr 2025 17:55

Day 19 posting... day 3 clean... little bit of poking last night but stopped and couldn't find anything... not feeling so confident about today

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Re: Let's give it a shot

Posted by chosemyshem - 09 Apr 2025 18:58

[chosemyshem wrote on 27 Mar 2025 15:52:](#)

[sytv2002 wrote on 27 Mar 2025 15:43:](#)

Day 6 19 posting... day 3 clean... not feeling so strong. I don't know if I'll make it today...

Totally normal to have that feeling.

Question is only this: What are you going to do now, while you feel weak but before the time you are really tempted to act out, to make yourself strong?

Some suggestions: Call a friend/mentor and share how you feel. Listen to a Vayimaen, read TBOTG, or whichever chizzuk makes you feel pumped. Talk to Hashem and surrender these negative feelings and ask for strength to get through this day. Get busy, plan a schedule that keeps you out and about in safe places. Read the new "Mindshift" book.

Above all KOOOOOOOOOOOOOOT!!

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Re: Let's give it a shot

Posted by sytv2002 - 10 Apr 2025 18:36

Day 20 posting... day 1 clean... really almost made it yesterday. Got into bed really tired and thought I was safe. The YH acts quick when your guard is down. Oish. Big fall. Indulged in P and M. Poked the bear one too many times and it came back to bite me. Sigh... onward.

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Re: Let's give it a shot

Posted by sytv2002 - 11 Apr 2025 14:22

Day 21 posting... Day 2 clean. Completely clean day yesterday bh. No poking no searching no nothing. One can dream I'll stay clean throughout Pesach. Hoping for my modern day Yetzias

Mitzrayim. I don't understand the idea of "one should imagine as if he himself is leaving mitzrayim". What's the ?????? Why "as if". That's ???? I'm not, and need to feel "as if" I am. But I don't feel that's true. I literally am having a Yetzias Mitzrayim. I mean I hope I am. Not "as it". I am! I'm leaving my Mitzrayim! Hopefully for good without turning back. I hope we can all be zoche to leave our respective "Mitzrayim's" over this beautiful chag.

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