

Starting fresh

Posted by homerun20 - 23 Jul 2025 21:51

Hey all. I've been on this program on and off for a few years already. BH I've been able to reach 90 days multiple times and over 50 many more. But I've never gotten much further. I tried and tried again but keep getting sucked back into the old bad habits. So, today is day 1. A new, fresh start.

=====

Re: Starting fresh

Posted by hashemisonmyside - 23 Jul 2025 21:59

the fresh start should be with loads of Hatzlocha.....

do you have a mentor helping you overcome those urges?

=====

Re: Starting fresh

Posted by lamaazavtuni - 24 Jul 2025 03:12

Hey brother!! How bout posting daily so we could give you chizuk in the form of thank you's!!!

Wtvr it is just keep trucking

=====

Re: Starting fresh

Posted by goldwings - 24 Jul 2025 06:06

welcome on board

I guess now we're in it for the home run!

if your on it for a few years, you're probably ready for a mentor and that will likely be a game changer for you, as it was for me and many of our friends around here.

Hatzlacha rabah on your new journey!

=====

=====

Re: Starting fresh

Posted by captain - 24 Jul 2025 12:25

It's amazing that you have the courage to take this on. I wanted to add that you are much more likely to succeed if you don't just seek to avoid negative for 90 days, but rather also do something positive to strengthen yourself each day for 90 days in a row. This will especially help you with your goal, to be free beyond 90 days, **because it will make a change in yourself.**Some good ideas are below in my signature.

=====

=====