GYE - Guard Your Eyes
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Thanks
Posted by mggsbms - 30 Apr 2009 02:49

day 8, thanks to this wonderful site it"s areal kidush hashem, I was miserable for some time till i found you, it was so not me but i started slipping and was getting really scared, thanks again and keep up your avodas hakodesh

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Re: Thanks
Posted by hoping - 22 Jul 2009 17:50

MAZAL TOV!

Re: Thanks

Posted by mggsbms - 22 Jul 2009 19:39

Thank you all for the great chizuk. now that i completed 90 days it is important to find another motivator. R guard as the group of over 90's is growing it would be great if you could come up with another milestone of some sorts to keep us hanging on tight, just a recommendation.

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Re: Thanks

Posted by Kedusha - 22 Jul 2009 19:53

Here are some short-term motivators:

100 days (triple digit!) & 120 days (Meah v'Esrim) - they're both within sight!!

Also, by the time you hit 120, it will be almost Elul. Your next motivator can be to come in clean to the Yomim Noraim. But, one thing at a time.

not the beginning of another loosing streak, I'm hanging on tight but please hashem i need your

2/5

help!!

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Do you know what brought on this series of falls? Maybe you can look at it as, "Hey, there's

fully give you what you deserve, but the One up above, He knows...

every single one of those mazal tov that you were wished plus many many more. We can't even

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cl	earl	У	more	work	< to	be	done,	let's	get	at it!	"

I think I can speak for everyone here, we love you and are here for you. Stay with this and let's walk through this together. You are GREAT!!
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Re: Thanks Posted by mggsbms - 18 Aug 2009 10:54
Thanks "struggle" for your thoughts, I really don"t understand what happened it just came over me and I felt it creeping up as I wrote before. Anyways I hope I could pull myself together and start again with the help of hakb"h and the help of GYE.
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Re: Thanks Posted by mggsbms - 18 Aug 2009 11:35
Rabbi guard this time i would like to start my count on the wall i tried logging in but it shows an error?
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Re: Thanks Posted by Me3 - 18 Aug 2009 12:47
Check your email, they send you a confirmation email.
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Re: Thanks Posted by aaron4 - 18 Aug 2009 14:33

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mgsbms, tell us about the fall. What precipitated it? What gedarim are now needed? What did you learn about yourself?

Was it the "YH of milestones"? I have an idea, GIVE UP on maintaining a streak. DON'T STRUGGLE to persevere. Just think about the next 10 minutes, or at most, TODAY. Life is what happens here and now, this very second. You have no control over ANYTHING ELSE.

One of the wisest members on the forum, Dov, recently said (paraphrasing here) that HE CANNOT stay clean for 90 days or even 10. Yet he has been clean for 11.5 *years*. How? By focusing on **today**.

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