

1000 Cumulative Clean Times Chart  
Posted by DavidT - 21 Jan 2020 15:26

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**"1000 Times Chart"**

Please review this new concept and **let me know your feedback** so we can perfect it.

?The idea is to have a chart (see attachment) with 1000 boxes and start/end dates.

Every time (this is not a day count, can even be 1000 times a day) you have an urge and you keep strong you'll check a box. Checks are never deleted (no pencils please) and you'll never need to start over again.

The goal is to be able to see your accomplishments on paper and see to how fast the wins accumulate.

What we're trying to accomplish is that a person should be able to recognize how many times he is actually keeping strong and hopefully that will give him confidence and be a big chizzuk to be able to grow even more.

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Re: NEW Concept: "1000 Times Chart"  
Posted by benploiny - 21 Jan 2020 17:28

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thanks for this GREAT idea

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Re: NEW Concept: "1000 Times Chart"  
Posted by wayup - 21 Jan 2020 17:38

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great idea ! will start it right noe iy"h ! it seems to be a wonderfull idea that even you fall much

more then not you see the list that you can fight it too and its here a way out !!!!!

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Re: NEW Concept: "1000 Times Chart"  
Posted by holyjew26 - 21 Jan 2020 17:43

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Re: NEW Concept: "1000 Times Chart"  
Posted by ruv - 21 Jan 2020 18:07

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like the idea will do it for my self too thank you David

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Great idea Thank you DavidT!!

Re: NEW Concept: "1000 Times Chart"  
Posted by ybsys - 21 Jan 2020 18:23

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thank you david its a wonderfull idea its will help im"h a lot oif people      this is the only way  
to go trow this struggle wen you see your positive site

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Re: NEW Concept: "1000 Times Chart"  
Posted by Dimple - 21 Jan 2020 18:32

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[DavidT wrote on 21 Jan 2020 15:26:](#)

**"1000 Times Chart"**

Please review this new concept and **let me know your feedback** so we can perfect it.

?The idea is to have a chart (see attachment) with 1000 boxes and start/end dates.

Every time you have an urge and you keep strong you'll check a box. Checks are never deleted (only PENS are allowed, not pencils :-)) and you'll never need to start over again.

The goal is to be able to see your accomplishments on paper and see to how fast the wins accumulate.

Isnt it the same as 'Cumulative Clean Days' that GYE shows by the 90 day count?

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Re: NEW Concept: "1000 Times Chart"  
Posted by DavidT - 21 Jan 2020 18:35

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[Dimple wrote on 21 Jan 2020 18:32:](#)

Isnt it the same as 'Cumulative Clean Days' that GYE shows by the 90 day count?

The difference is that here the person actually writes a check for **each time he keeps strong** (can be 1000 times a day too) not for every clean day.

What I'm trying to accomplish is that a person should be able to recognize how many times he is actually keeping strong and hopefully that will give him confidence and be a big chizzuk to be able to grow even more.

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Re: NEW Concept: "1000 Times Chart"

Posted by DavidT - 22 Jan 2020 17:57

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Adding another angle to this idea...

### **Reward yourself.**

Give yourself something to be excited about by planning a reward when you accomplish your goal of 1000 times strong. Just like when you were a little kid and got a treat for good behavior, having something to look forward to gives you the motivation to succeed.

Anticipation is powerful. It gives you something to obsess over and focus on, so you're not only thinking of what you are trying to change. And when you achieve your goal, find a new reward to keep yourself moving forward.

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Re: NEW Concept: "1000 Times Chart"

Posted by Hashem Help Me - 23 Jan 2020 03:58

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Great idea!! In shomayim they have the same chart!

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Re: NEW Concept: "1000 Times Chart"

Posted by davidgree - 28 Jan 2020 03:45

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thanks davidt for always trying hard us to overcome our nisyoiness only hashem can pay you back and the idea sounds massive

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Re: 1000 Cumulative Clean Times Chart

Posted by DavidT - 31 Jan 2020 15:34

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Reb Yitzchak Dovid Grossman shlita tells the following story:

A non-religious bachur from Netanyah, Eretz Yisrael, began keeping

Shabbos and started coming to the local beis medresh. A yungerman who

frequented that beis medresh offered to teach him Torah. The yungerman taught him the basics of hilchos Shabbos, kashrus, tefillah, and more, and the bachur grew in his Yiddishkeit.

There was something peculiar about this boy:

Each day he came to the beis medresh with a pocket bulging with sunflower seeds. From time to time, he would take a seed or two from his left pocket and put it in his right pocket. But the yungerman decided that he wouldn't ask him about that, and they focused on learning Torah.

One evening, before they began studying, the yungerman said, "I didn't eat anything today. Lend me some of your sunflower seeds, so I will have strength to learn with you." "I can't," the boy replied.

The yungerman was insulted. For months he tutored him for free, without asking for a penny. And now, when he asks him for a minor favor, the

boy refuses. They learned for fifteen minutes, and then the yungerman said that he had to stop. He felt uncomfortable learning with a bachur who obviously didn't appreciate everything he was doing for him. The next day the yungerman didn't show up. The day after they learned, but it wasn't with the same enthusiasm and happiness like it used to be. Eventually, they stopped learning altogether.

One day, the bachur called up the yungerman and said, "You don't owe me anything, but I want you to come to my house for a couple of minutes."

The yungerman came, and he saw barrels filled with sunflower seeds!

He was wondering what type of psychological syndrome this bachur

suffered from.

The bachur said, "When I became a baal teshuvah, I had a very strong yetzer hara to revert to my old ways. A rabbi advised me that I should put a lot of sunflower seeds into my left pocket, and whenever I do a good deed, I should place one of the sunflower seeds into my right pocket. When I come home at night, I count my good deeds and I store them in these barrels, so I can remember all the good deeds I'm doing. When you asked me for a few sunflower seeds, I refused, because at that time, all the seeds were in my right pocket and I had to leave them there so I could count them at the end of the day..."

**We repeat this story as a reminder that one must focus on the good deeds he does. Don't consider yourself lost from Hashem, because every Yid has many mitzvos. With this focus, you will be able to change your ways and do perfect teshuvah before Hashem.**

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