

Starting again!!!

Posted by OivedElokim - 11 May 2020 03:15

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I'm excited to embark on my journey to 90 days. I'm having a hard time staying clean for more than a week. Haven't really been 100% sure I really want to stop, and therefore I have a weak resolve and faulty

My plan is a daily post over here, content restrictions. I'm trying to formulate a taphsic-style deterrent without an actual ??????. *Please post any suggestions you might have in that regard.*

I'm also going to try be in touch with accountability partners.

My current goal is 2 weeks clean. Will see what happens next.

Wish me luck!

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Re: Starting again!!!

Posted by OivedElokim - 31 Dec 2020 16:50

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Day 31.

I am starting a 20 day challenge for myself, to add in my learning. A Daf Gemara every day till I hit level 6 (day 50). Adding in learning always helps me be stronger and more capable of handling urges. It also hakaras hatov to HaShem for my sanity. I started the mesechta last night, and had hope to be up to ?? ??? by ? ????. I'll keep you all posted.

Also, I'm gonna order some good food today to celebrate this milestone. A special thanks to all

All the best, Hatzlacha!

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Re: Starting again!!!

Posted by Grant400 - 31 Dec 2020 17:16

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[OivedElokim wrote on 31 Dec 2020 16:50:](#)

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Also, I'm gonna order some good food today to celebrate this milestone. A special thanks to all

All the best, Hatzlacha!

Sounds like a great idea!

Just a word of caution. Make sure you don't make each one contingent upon the other. Meaning, if you do not accomplish this goal of learning, make sure you do not feel discouraged in the other area of your challenge, about remaining clean. If failing in one area will affect your productivity in the second, then you may lose more than you can gain. Just make sure to go in with the right mindset.

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of my dear GYE friends. You know who you are...

Re: Starting again!!!

Posted by OivedElokim - 11 Jan 2021 22:22

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Hey there.

We have a bunch to catch up on.

Life is great. Life is hectic. Life is messy.

But I'm clean as an whistle...

Day 42. Onwards and upwards...

P.S. Any opinions on starting a new thread?

Its getting very hard to find my thread. The name is too generic...

All the best, dear friends.

Over and out.

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Re: Starting again!!!

Posted by Looking\_to\_improve - 11 Jan 2021 22:32

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[OivedElokim wrote on 11 Jan 2021 22:22:](#)

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All the best, dear friends.

Over and out.

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How the 20 day challenge going so far?

Maybe bookmark this thread if it's hard to find, unless you feel you've turned a new page and davka want a new thread

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Re: Starting again!!!

Posted by Grant400 - 11 Jan 2021 23:29

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[OivedElokim wrote on 11 Jan 2021 22:22:](#)

Hey there.

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Day 42. Onwards and upwards...

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All the best, dear friends.

Over and out.

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There may be a way to change the name of the thread. Click edit on your first post. See if you can change the title.

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Re: Starting again!!!  
Posted by OivedElokim - 12 Jan 2021 02:55

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It was a dismal and abject failure.

Not gonna say how far i made it...

But I'm clean.

@Grant400 sort of predicted it. Maybe he didn't mean it that way

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Re: Starting again!!!  
Posted by wilnevergiveup - 12 Jan 2021 06:03

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You can also link your thread in your personal homepage.

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Re: Starting again!!!  
Posted by Hashem Help Me - 12 Jan 2021 12:14

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Don't change the name of the thread. guys are following you and are subscribed. Nobody pays

attention to thread names - just to you and your journey.

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Re: Starting again!!!

Posted by OivedElokim - 13 Jan 2021 00:48

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I'm very happy

Not facing any urges

But when they appear-they will face purges.

Hope that made sense...

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Re: Starting again!!!

Posted by OivedElokim - 18 Jan 2021 19:36

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I saw a quote on here awhile ago

Sort of fell in love with it

"Lessons in life will be repeated until they are learned "

And they are only truly learned when they are learned the hard way...

Lets just say I've learned a lot in the past few weeks

Things I never knew

Primarily about myself.

also about the world

about G-d

Gotta go

KUTGW

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Re: Starting again!!!

Posted by OivedElokim - 20 Jan 2021 16:45

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Day 51.

Staying busy. I'm out of yeshiva for now. Going back soon, iyh. I'm staying away from triggers as best I can and keeping in touch with my GYE chevreh. Thanks to all of you!

Don't have much time to spend writing here, but I will say this:

I was a member here for years. I only really saw progress recently.

So if you're lurking around here-stick around. Post. Pm guys. And one day the dam will burst,

and your inner strength, your neshama will emerge and shine.

Hatzlacha!

OivedElokim

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Re: Starting again!!!

Posted by OivedElokim - 24 Jan 2021 00:21

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Day 55.

Had a very nice shabbos , bh

Trying to focus on the pavement when I walk the busy streets. Makes it easier for me to not fantasize. It's not an option, anyhow...

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Re: Starting again!!!

Posted by OivedElokim - 25 Jan 2021 19:13

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Got diagnosed with a severe mental health disorder today. I'm sort of reeling from it. Shocked and relieved. Strange...

But I'm still clean. Day 56. No plans to get dirty again. It's just not for me.

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Re: Starting again!!!

Posted by OivedElokim - 26 Jan 2021 02:56

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Thank you to all those who reached out to me after my last post. I will attempt to respond to all in due time. It means a lot ...

Let's keep trucking.

Let's show the inner beast who's boss,

And show Hashem how much we love him...

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Re: Starting again!!!

Posted by Markz - 26 Jan 2021 03:47

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Whatever diagnosis you have, know that you're normal - NORMAL!!!

If you want to change the name of this thread. Simply change the name of the 1st post.

KOT!

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