

**BACK IN A FAMILIAR PLACE**

Posted by Kedusha252 - 24 Mar 2010 20:26

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Dear members of this forum,

Well, I'm back in a familiar place, racking up the early easy days towards building until day 90.

The days right after a fall are generally easy for me because I experienced such discomfort the day of and the morning after a fall that the feeling is so fresh in my mind. So why would I want to experience it again?

The trick is to really maintain a strong and sharp sense of "I don't want to do this cheit." The challenge is that in one week or more from right now my drive to be kadosh might become diluted. I daven to Hashem everyday that He should help me to keep learning mussar everyday and help me be as firm as I am right now in a week or two from now.

The key is to take it one day at a time, learn mussar each day (I use windows of the soul and write a tidbit of what I learned that day), post on the forum, call helpers such as Dovid and Elya, daven to Hashem and be happy.

TruRatzon.

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**Re: BACK IN A FAMILIAR PLACE**

Posted by the.guard - 25 Mar 2010 08:36

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As far as "dealing with the build-up", I think chizuk e-mail #740 had some great stuff:

1) Therapy Tip of the Day: How do we deal with Withdrawal Symptoms?

2) Daily Dose of Dov: 27,375 days = 75 Years

Did you see it?

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