trying so hard
Posted by butterfly - 25 Sep 2015 04:30

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Hi I've been looking at p__n online for about 2-3 years. I have tried many many times to stop but wasn't able to. I tried the 90 day chart a whole bunch of times but kept on falling. I tried again and am now up to about 65 days but I had a mini fall over the last few days. I looked at some things online but definitely not nearly as bad as I would have done in the past. I really really don't want to start over because it's sooooo discouraging to do that and this is the furthest I have ever come to. I'm also afraid that if I start over I will turn it into a full fall because I anyways blew it and have to start over.

Could someone tell me if the 90 days has to be totally clean without any small slips or can there be a little minor slip here and there?

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Re: trying so hard
Posted by Kedusha - 25 Sep 2015 15:14

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guardyoureyes.com/90-days-chart/rules

What constitutes a "Fall" to require restarting the count?

There are "slips" and there are "falls". "Slips" do not require restarting the count. "Falls" do require restarting.

A "Fall" is one of the following things:

1.Intentional masturbation (with finish)

2.Intentionally viewing improper sites

3.Intentionally calling inappropriate telephone numbers

4.Intentionally seeking out and reading erotica

5.Worse things, which we need not mention

In regard to number 2 (and 4), if someone saw something by mistake and then got a little bit carried away and kept looking at it, or even if someone saw a link and couldn't resist clicking on it but then catches themselves within a few seconds, that would only be considered a "slip", not a "fall". However, if someone decides to actively pursue viewing bad sites, that would be considered a fall.

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Re: trying so hard
Posted by serenity - 27 Sep 2015 03:50

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Kedusha,

Can you please define "improper sites"? To me that means porn sites. Is the term intentionally left vague for people to set their own standards? I'm sure many people here consider Netflix to be an improper site.

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