

40 days and 40 nights

Posted by Gibor_Kaari - 01 May 2020 15:17

Hello dear Brethren,

I have deleted several posts I made previously in 2 other threads because I thought that I was engaging in this blame thing, blaming just about everything and anyone that I could blame. Maybe it had some truth in it, maybe it didn't but I realized that this wasn't helpful for me on a personal level and didn't make me achieve any of my goals and aspirations.

?I think that I should now concentrate on how I will stop watching porn and masturbate. These are two habits that are negative and wrong, and blaming others is not helpful. I shouldn't blame anyone, even myself. Blaming will not solve the problem, and expecting the entire community to change for the better even though is a great aspiration it is too far fetched to expect any real change in the short term. I shouldn't condition my progress based on any external situations. Rather I believe, that I should focus on solving this problem practically and effectively to the best of my ability.

I therefore create this thread titled 40 days and 40 nights in order to begin climbing this mountain of redemption. Just as it takes 40 days for a new life to form in the womb, just like it took Moses 40 days and 40 nights to achieve a greater closeness to God and receive the Torah for our people, I therefore initiate this new road to redemption and rejuvenation a sort of a spiritual and physical awakening and cleansing.

?I will post my progress on this thread. Everyone who wants to participate in this goal is more than welcome, you can all post until we reach our goal of 40 days clean of any porn and masturbation. I think that this is helpful because we can all help and encourage and motivate each other all under one thread.

If you're already are clean for several days or even surpassed the 40 days goal, you can still participate and begin entering your clean days from today starting from 1.

I think the 90 days chart is not working for me because everyone is somewhere else in the chart, but I think that there is a great benefit with doing this together from day 1 until day 40 (you can certainly do more days if you can, no problem)

?If no one wants to participate that is ok too, I will put up my progress on this thread regardless. I hope that Hashem gives me the strength and the will power to reach the peak of this mountain and achieve this goal.

I therefore enter the first day clean from today:

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Lets join forces and climb this mountain together!

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Re: 40 days and 40 nights
Posted by Gibor_Kaari - 08 May 2020 22:17

Day 8 Clean!

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Re: 40 days and 40 nights
Posted by Gibor_Kaari - 10 May 2020 01:16

Day 9 Clean!

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Re: 40 days and 40 nights
Posted by Gibor_Kaari - 11 May 2020 01:58

Day 10 Clean!

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Re: 40 days and 40 nights

Posted by Gibor_Kaari - 12 May 2020 02:47

Day 11 Clean!

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Re: 40 days and 40 nights

Posted by Ihavestrength - 12 May 2020 03:15

Keep on truckin brother!

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Re: 40 days and 40 nights

Posted by Gibor_Kaari - 13 May 2020 01:59

[Ihavestrength wrote on 12 May 2020 03:15:](#)

Keep on truckin brother!

Thanks!

Day 12 Clean!

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Re: 40 days and 40 nights

Posted by Gibor_Kaari - 14 May 2020 02:51

Day 13 Clean!

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Re: 40 days and 40 nights

Posted by Gibor_Kaari - 15 May 2020 03:02

Day 14 Clean!

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Re: 40 days and 40 nights

Posted by wilnevergiveup - 15 May 2020 04:32

Nice bro, I'm still with you.

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Re: 40 days and 40 nights

Posted by Gibor_Kaari - 15 May 2020 13:28

Thank You!

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Re: 40 days and 40 nights

Posted by Gibor_Kaari - 15 May 2020 20:49

I had a slip. Last couple of days were particularly difficult. I couldn't shake off the urge, no matter what I tried. But I'm gonna keep positive. 2 weeks is an accomplishment and I am very proud of it. I can only get better and motivated from the entire thing.

Hopefully next time I'll do better. A Jew is always supposed to have hope and faith. Even if one

falls, he can still get up and try again and strive to do better.

Thank you to all who were following and encouraging me until now, it was helpful.

Regards

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Re: 40 days and 40 nights

Posted by BHYY - 15 May 2020 20:59

[Gibor_Kaari wrote on 15 May 2020 20:49:](#)

Thank you to all who were following and encouraging me until now, it was helpful.

What do you mean "until now"? We're not going anywhere. I hate cliffhangers!

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Re: 40 days and 40 nights

Posted by Gibor_Kaari - 15 May 2020 21:30

[BHYY wrote on 15 May 2020 20:59:](#)

[Gibor_Kaari wrote on 15 May 2020 20:49:](#)

Thank you to all who were following and encouraging me until now, it was helpful.

What do you mean "until now"? We're not going anywhere. I hate cliffhangers!

I don't know what you're insinuating...

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Re: 40 days and 40 nights

Posted by Hashem Help Me - 17 May 2020 14:08

[Gibor Kaari wrote on 15 May 2020 20:49:](#)

I had a slip. Last couple of days were particularly difficult. I couldn't shake off the urge, no matter what I tried. But I'm gonna keep positive. 2 weeks is an accomplishment and I am very proud of it. I can only get better and motivated from the entire thing.

Hopefully next time I'll do better. A Jew is always supposed to have hope and faith. Even if one falls, he can still get up and try again and strive to do better.

Thank you to all who were following and encouraging me until now, it was helpful.

Regards

Two weeks is an incredible accomplishment. Keep on going. If a mountain climber falls into a ditch after 2 weeks, as he bandages his wounds, he can enjoy the view. Of course, he should watch not to roll down the mountain. Keep on climbing buddy, and enjoy the view.

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