

Accountability board

Posted by 90days4ever - 14 Jul 2020 09:04

Hi guys,

Im writing this post with the intention that anyone including myself can post here so we can have group accountability in this struggle to break free.

so feel free to update everyone where you are holding regarding this struggle and air your troubles and concerns.

Please be aware this will only work providing all involved are completely honest with the group.

please share your feedback with me about this idea

Thanks for all your support

=====

Re: Accountability board

Posted by Grant400 - 14 Jul 2020 15:00

Great idea! Thank you!

Websters dictionary:

Teamwork- Work done by several associates with each doing a part, but all subordinating personal prominence to the efficiency of the whole.

Meaning if one falls it effects all. Great accountability strategy. That ought to give us another kick in the pants. Honored to be a part.

I am on day 3 of my new count. My goal is not only to be clean in kedusha inyanim but to break my addiction to regular Hollywood movies which kept me awake till 3am or even 5am sometimes (or more often then I care to admit). I started to get up earlier so I will be tired earlier and be able to sleep instead of being wide awake and using just willpower to abstain from movies. So far so good. I feel much better and more in control of my life.

. Grant

=====
=====

Re: Accountability board
Posted by 90days4ever - 15 Jul 2020 01:29

Welcome aboard our board!!

I'm hoping some other people will also join our group. Time will tell. Meanwhile I'm working on quitting porn and masturbation, holding by day 36 my aim to arrive at yom neroim clean..

It must be very hard to quit watching movies they are designed to be so pulling and addictive. Hatzlocha with your goal

=====
=====

Re: Accountability board
Posted by KoachCheshvan - 15 Jul 2020 02:16

I am game for accountability. Right now I am looking for an accountability partner, maybe at the very least, a "key master" that would be in control of my internet filters and would be a "web chaver". Knowing my own passcodes and such is the big concern that I have now. I am worried that in a bad day, my mind will be on "lust auto-pilot" and will bypass the restrictions to get to schmutz.

=====
=====

Re: Accountability board
Posted by 90days4ever - 16 Jul 2020 08:01

Hi, koach

happy to help you any way I can. Your welcome to private message me for my email and we can be in touch. Keep up the good work.

=====
=====

Re: Accountability board

Posted by 90days4ever - 22 Jul 2020 08:11

Hi guy's, hope all is well with you.

I have an admission to make. (Deep breath!)

I...Slipped, but didn't fall all the way.

Bassicly I was bored yesterday and i was on the internet and I let my guard down started Googleing you know how it goes and search moved on to images and then on to p stars with safe search on then GIFs with out me realising that I was on a downward spiral. BH caught myself before it was to late and didn't watch p or m, but was very close.

So I'm still clean..

However I transgressed on my tafshik vow.. so I ended up paying 150 dollars to tzedoka.. taking a 10 Min freezing cold shower which has cured me for life. I discovered this as a really effective way of killing urges.. and now gota run to finish the whole tehilim by this afternoon. . . Dont think I will be Googleing today... All the best.

=====
=====

Re: Accountability board

Posted by Grant400 - 22 Jul 2020 13:05

[90days4ever wrote on 22 Jul 2020 08:11:](#)

Hi guy's, hope all is well with you.

I have an admission to make. (Deep breath!)

I...Slipped, but didn't fall all the way.

Bassicly I was bored yesterday and i was on the internet and I let my guard down started Googleing you know how it goes and search moved on to images and then on to p stars with safe search on then GIFs with out me realising that I was on a downward spiral. BH caught myself before it was to late and didn't watch p or m, but was very close.

So I'm still clean..

However I transgressed on my tafshik vow.. so I ended up paying 150 dollars to tzedoka.. taking

a 10 Min freezing cold shower which has cured me for life. I discovered this as a really effective way of killing urges.. and now gota run to finish the whole tehlim by this afternoon. . . Dont think I will be Googleing today... All the best.

@90days:

Maybe there is something wrong with me but I get more mechuzak by reading a post like this) I just feel that this might be a certain level of preciousness to Hashem. I mean yes the slipping isn't good but man!! You sure know how to do some admittin', fixin' and growin'! (Can I do that too or does cordnoy) Thanx for the post!

=====

than when someone just posts that all is good. (Maybe I just relate better

have exclusivity?