

I did it!!

Posted by pureheart - 04 Mar 2021 10:07

This is the first time that I can remember that I had time alone in my house for a few hours and didn't masturbate. I had all the opportunity and freedom to do what I wanted to and chose not to watch porn or masturbate.

Davening for healthy beginnings and strong steps forward.

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Re: I did it!!

Posted by Captain - 04 Mar 2021 14:00

Wow! That's a great accomplishment! (If only we all realized what we accomplish with even one second of saying no. But whatever, it's no big deal, it's what i'm supposed to do, etc. We should learn from you.)

Why don't you build off your great success and take the next step by starting one of these:

Great ebook for breaking free:

The Battle of the Generation guardyoureyes.com/ebooks/item/the-battle-of-the-generation.

Rabbi Shafier's incredible lectures on breaking free:

theshmuz.com/series/the-fight/

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Re: I did it!!

Posted by Grant400 - 04 Mar 2021 14:27

Welcome! Great start. Wanna share a little so we can get to know you? (History, struggles, etc.)
Hatzlacha!

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Re: I did it!!

Posted by DavidT - 04 Mar 2021 14:36

[pureheart wrote on 04 Mar 2021 10:07:](#)

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It's a great accomplishment to be able to celebrate things that seem to be very minor, but in reality they are major achievements.

You're a role model and we hope to keep learning from you...

Keep us posted with your posts, post this post (get it?)

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Re: I did it!!

Posted by Zedj - 04 Mar 2021 14:51

Welcome back!

It's true... we should realize even the smallest accomplishments.

Seems like the last time you posted was in 2011.....

I'm sure there alot has happened in the last decade that you can share!

I hope you stick around

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Re: I did it!!

Posted by Striving Avreich - 29 Mar 2021 21:49

Great job! I hope you at least feel like a million bucks because you sure are worth waaaay more.

How sweet does freedom taste?

Sweeter than Pornography and masturbation?

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