

This time will be better

Posted by joetyh - 14 Jan 2022 10:58

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hey people!!! just had a fall 2 nights in a row after building my streak to 5 days... but you know what, 5 days, that was pretty impressive. I have made myself sort of reliant on videos to entertain myself during bein hasedarim and after night seder which means i occasionally need to access youtube which is a killer because it starts with downloading just some fun vlogs and/or product reviews and it goes downhill from there. I need to find a way to be able to get some videos (I dont think i can quit cold turkey from watching and 613tube isnt an option) but not falling down that terrible rabbit hole of the "How bad of a video can i find on YouTube). besides for youtube theres the plain urges that come and I just feel powerless against them. I try to beat them but its so so hard to. even the smallest trigger (i.e. seeing a random pretty girl in the street) can just set me off on a bad day. I really want to be clean!!! I really do!!!! But I feel like as soon as the urge comes I just decide that "it's just this time" and I'll find an excuse to justify it.

I'm on day 1 now. My goal right now is 1 week. I think I can do it and I know it will be very painful but I'm ready.

any suggestions or if you can relate hop on to this topic

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Re: This time will be better

Posted by joetyh - 23 Mar 2022 07:38

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Good morning!!!!

24 days clean behind me!!!

Im begging Hashem to give me another clean day free of nisyonos!!

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Re: This time will be better

Posted by joetyh - 24 Mar 2022 06:53

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25 days behind me B”H

please Hashem help me be clean for another day!!!!

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Re: This time will be better

Posted by joetyh - 25 Mar 2022 09:25

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26 days!!!!

but I'm going back with a

plan

Hashem please help me be clean for another day!!!!

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Re: This time will be better

Posted by joetyh - 26 Mar 2022 17:03

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27 days!!!

please hashem give me another day clean!!!

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very emotional Preida yesterday I must go back to America now

Re: This time will be better

Posted by joetyh - 27 Mar 2022 10:01

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4 weeks!!!! 28 days!!!!

THANK YOU HASHEM!!!!!!

Hashem please give me another day clean!!!!

heading home from Eretz Yisroel tonight Bez"H I'm a different person than the me that left 8 months ago....

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Re: This time will be better

Posted by joetyh - 28 Mar 2022 08:28

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29 days behind me B"H

just landed in America

great flight B"H

I am asking Hashem for another day clean

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Re: This time will be better

Posted by Vehkam - 28 Mar 2022 12:42

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I am so happy for you. Looking back just a month ago you were worlds away from where you are now. Your perseverance is inspiring.

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Re: This time will be better

Posted by joetyh - 29 Mar 2022 09:54

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30 days!!!! B"H!!!! I can't actually believe that I did it....

the focus now is not even to get close to maybe even having a slip. There is no need for me to masturbate. It's all just a messed up outlook that I trained myself to look at situations. Watching is out of the question, I'm starting shidduchim and I ain't cheating on my wife!!!! Hashem thses are big things to take on please help me!!!!

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Re: This time will be better

Posted by Captain - 29 Mar 2022 12:30

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Wow! You are doing great! Maybe you could share some of the things you have been doing that have been helping.

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Re: This time will be better

Posted by joetyh - 30 Mar 2022 10:55

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Day 31 B"H!!!!

big day today I have a farher this morning.....

I hope I do well

Hashem please give me another day clean

I will try to post what works for me when I have time, sorry I'm a little busy these days B"H

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Re: This time will be better

Posted by joetyh - 31 Mar 2022 12:30

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32 days behind me!!!!

Hashem please give me another day clean!!!!

As I'm starting shidduchim really soon, Hashem please help me not be distracted by the fake stuff and be able to make a healthy decision

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Re: This time will be better

Posted by joetyh - 01 Apr 2022 14:31

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33 Days behind me!!!! B"H!!!!

Hashem please give me another day clean!!!!

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Re: This time will be better

Posted by joetyh - 03 Apr 2022 01:40

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35 days clean behind me!!!!

Hashem please give me another day clean!!!!

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Re: This time will be better

Posted by Whatamithinking - 03 Apr 2022 02:05

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Dude this is great stuff

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