

33 days clean

Posted by Whatamithinking - 29 Aug 2022 17:29

This past year I fell into a habit I hadn't had for many years. I still haven't masturbated since 2011 but I was looking and watching stuff.

Started a new job and made a pledge to not do the same as before. I also now have a chance of getting my m work computer webchavered without tech issues.

Bottom line is that this crap doesn't make me happy.

Keep at it.

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Re: 33 days clean

Posted by Vehkam - 29 Aug 2022 18:36

[Whatamithinking wrote on 29 Aug 2022 17:29:](#)

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something else that may be meaningful to you - don't only play defense via webchaver and filters.., go on the offensive by reading a book such as the battle of the generation each night and proactively help yourself grow in your ruchniyus while also reinforcing your defenses. Of course you may already be doing something simliar... i did not go back to read any of your other

posts...

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Re: 33 days clean

Posted by new - 29 Aug 2022 18:57

You have to work on yourself, even if you have a filter, a filter itself is worth nothing,

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Re: 33 days clean

Posted by ColinColin - 30 Aug 2022 00:54

If you haven't masterbated since 2011 then you are doing amazingly well!

That is a massive achievement.

Every time you are tempted to look at those images, walk away from the computer entirely.

It will be hard to do that, but do it.

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