

90 Days in the books

Posted by StingRay - 17 May 2023 21:19

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When I started this out I didn't believe it would become a part of me. I was in an out of P&M and just started to try to get from adar to purim clean. This kept going and for the most part went smooth. Then as I reached 80 I was going crazy with urges! Bh I came out clean and I'm on the other side on 90! I wish I can say it's easier because it's not. In fact I have this nagging feeling of I will never get the pleasures again which makes it so much harder. I'm married and have my needs taken care of for the most part but I'm crazy over doing things that are wrong and once I have it it's eh.. I need to earn it. To do something I can't. A girl I can't have. Something dangerous.

well anyways life continues and we will keep battling as it's a life long battle. Wish me luck and if you have any good advice please let me know!

(also my first post)

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Re: 90 Days in the books

Posted by Grant400 - 17 May 2023 21:39

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[StingRay wrote on 17 May 2023 21:19:](#)

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Welcome! 90 days!! Of sanity!

Please share how you got here, and most importantly, what's you plan moving forward?

Keep shteiging!

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Re: 90 Days in the books  
Posted by Heeling - 17 May 2023 22:01

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Hey,

Great first post. its truly amazing that you were able to overcome so many challenges and reach 90 CLEAN DAY!! WOW!! May you be blessed.

We need people like you, please stick around and yeah tells us a bit more of how you got to 90. (I'm hoping to get there soon...)

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Re: 90 Days in the books  
Posted by Horizon - 18 May 2023 01:38

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hello and welcome

congrats on the 90! hope to make it there soon (in like eighty something days).

good luck moving forward, may you have abundance of hatzlacha

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Re: 90 Days in the books

Posted by Hashem Gave Me Koach - 18 May 2023 02:21

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[StingRay wrote on 17 May 2023 21:19:](#)

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Welcome to the family

what amazing accomplishment you have achieved!

Mazel tov!!!!!!

keep going, if you ever feel a bit down and in the need of chizuk, please come on here and share your feelings.

You are truly making Hashem proud!

Good luck

All the best

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Re: 90 Days in the books  
Posted by StingRay - 18 May 2023 22:22

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I'm hoping to continue but honestly need something to grip on to!

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Re: 90 Days in the books  
Posted by StingRay - 18 May 2023 22:25

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Thanks!

When I felt my fingers looking for no good I would pull up GYE and look at my clean day streak, that helped. Obviously didn't solve the urge as nothing can but it provided some motivation. How far alone are you?

honestly I miss porn like an old friend, I'm not out of the woods yet...

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Re: 90 Days in the books  
Posted by StingRay - 18 May 2023 22:26

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Best of luck to you and thank you!

start with a smaller goal of 30 then 40 etc

when I hit 40 I went to Smokey hill to celebrate

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**GYE - Guard Your Eyes**

Generated: 6 April, 2025, 14:55

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Re: 90 Days in the books  
Posted by StingRay - 18 May 2023 22:28

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Thanks!

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