

need advice

Posted by Clean yid - 20 May 2015 01:50

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I am trying to complete 90.days for a couple of months and I can't get pass staying clean for more then two week, is there any advise or an idea that can possibly help me

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Re: need advice

Posted by serenity - 20 May 2015 02:23

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What have you tried so far?

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Re: need advice

Posted by skeptical - 20 May 2015 02:52

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I don't know if this is the case by you, but sometimes people put all their focus on not looking at porn or masturbating for 90 days, but in the meantime they are feeding the lust by letting their eyes take in the sights on the street, or by letting fantasies into their minds. When the lust is being fed, it is very difficult to stay clean very long, because the lust grows until we feel strongly compelled to do the other stuff too.

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Re: need advice

Posted by serenity - 20 May 2015 03:01

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Skep just summed it up for me. I can so relate to that. The act we are trying to avoid is started many steps ahead of when it physically takes place.

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Re: need advice

Posted by cordnoy - 20 May 2015 10:00

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Welcome,

Let us know the plan for day 1 or 2.

b'hatzlachah

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