

hello

Posted by goodchange613 - 21 Sep 2015 04:32

hello everybody and

a gmar chasimah toivah to all.

iv'e been clean for a full week and it feels so good! just the way i wanted to start the new year. just hoping and davening that with the resources and support from gye it will last.

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Re: hello

Posted by goodchange613 - 24 Nov 2015 04:24

day 70!

had a slip the other day but otherwise doin great. really working on my marriage and it's like magic how just changing my attitude and how i just work on my actions and the effect it has had so far, i still have a ways to go but it's been a great start.

Here's are the details of what I've been doing:

1)First I just started with eye contact. Once I focused on it I realized how little eye contact I had been having with her before that. This made me feel a little more connected to her and helped me really focus on what she says.

2)Started sending thank you texts almost every day for something she did the day before.

3)I really worked on using "I Love you" much more often from texts or calls during the day and then progressing to saying it to her every time i leave the house.

4)Started buying flowers EVERY friday and I try to write a short poem.

5)Started giving her a kiss or non-sexual touch every so often (hardly did it before)

Anyway so far it's been great, my wife didnt suddenly start falling all over me but I def feel that shes more happy and theres more energy in our marriage

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Re: hello

Posted by Shlomo24 - 24 Nov 2015 19:21

[goodchange613 wrote:](#)

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wow! amazing progress! kutGR8w!

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Re: hello
Posted by goodchange613 - 25 Nov 2015 07:04

thank you

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Re: hello
Posted by goodchange613 - 04 Dec 2015 05:31

80 days!

UNBELIEVABLE how time flies when your doing the 90 days!!

I still cant believe thats its been almost 3 months since i joined the site!

Thank you to everyone here whose active on the forums, chat and available on the phone. To join the site and see how everyone just cares for you and really wants to help you has been amazing.

For anyone who doesnt know about it yet, i must recommend the series of 7 lectures from Aryeh

Pamensky's seminar on marriage, it's amazingly clear and he gives a ton a practical very easy to implement tools to create love and closeness in marriage

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Re: hello
Posted by cordnoy - 04 Dec 2015 12:16

[goodchange613 wrote:](#)

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For anyone who doesnt know about it yet, i must recommend the series of 7 lectures from Aryeh Pamensky's seminar on marriage, it's amazingly clear and he gives a ton a practical very easy to implement tools to create love and closeness in marriage

He talks a lot about communication.....hint, hint...

Kot

B'hatzlachah

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Re: hello

Posted by goodchange613 - 14 Dec 2015 05:04

had a tough week

today was 90th day

i fell

was flying high

crashed

going to start again

today is day 1

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Re: hello

Posted by serenity - 14 Dec 2015 05:31

[goodchange613 wrote:](#)

had a tough week

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today is day 1

Many of us have shared similar experiences. Welcome back on track! Oh and thanks for saying where you were holding. A lot of people say they fell, but not where they were holding. How can anyone respond without that basic info and personally I don't keep a spread sheet of everyone's

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Re: hello
count. Maybe Gorday does
Posted by corday 14 Dec 2015 12:47

[goodchange613 wrote:](#)

had a tough week

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going to start again

today is day 1

sorry to hear that.

it can be tough.

we dust ourselves off, however, and see where we can take another step.

you are determined, so that's good b"H.

Focus on today.

b'hatzlachah

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Re: hello
Posted by Shlomo24 - 14 Dec 2015 15:13

that must be painful. ODAAT

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Re: hello
Posted by BenTorah.BaalHabayis - 15 Dec 2015 00:31

[goodchange613 wrote:](#)

[AlexEliezer wrote:](#)

Good stuff!

Thanks for the update.

How fortunate that you're taking care of this at a young age.

I thank hashem every day that i found this site so quickly (23 married 3 years acting out for about 2 years) at the rate that i was going who knows what would have happened if not for gye.

just the fact that i was not alone was a huge boost for me

I'm in a similar situation. 25, married 4 years with 1 kid. Iv'e been struggling for a long time, but thankfully it has never progressed to anything beyond porn and masturbation (not that those are small things, but still). I thank Hashem for allowing me to find this site which has a mechaye and Iv'e been clean since I started coming on here!

had a tough week

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i fell

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today is day 1

Unbelievable how hard the Y"H will fight to rob you of the satisfaction of getting to day 90! But if you pick yourself up and continue counting then really you're the one who won this battle!

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Re: hello

Posted by yiraishamaim - 15 Dec 2015 02:19

Mixed emotions/mixed lessons

made to 90 - YaY - you KNOW that steady success recovery is very real to you

fell - depressing - your program has some hole/holes you must tweak

However, the balance sheet is way in the positive side.

Kol Tuv

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Re: hello
Posted by gibbor120 - 15 Dec 2015 16:17

MAZAL TOV! KUTGW!

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Re: hello
Posted by cordnoy - 30 May 2018 03:38

Nu.....

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Re: hello
Posted by goodchange613 - 31 May 2018 03:32

yawn....i was napping so nicely, who just woke me up?

oh its just cords bumping a ancient thread again...turn over

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