

Hi!

Posted by chizuklculam - 30 Mar 2016 18:28

Hi!

After a month hanging around I finally decided to introduce myself. I want to change and I see how powerful this whole "environment" (if I may call it this way) and all its tools can be.

I am kind of shy, that's why I haven't talked yet but I know how important it is to share and to have someone you can talk to about this, so... here I am. I decided in my heart that no matter what, I'll never give up, I will always remember where I came from, I will always believe I can change and I'll always trust in Hashem Yitbarach.

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Re: Hi!

Posted by yosef10 - 13 Dec 2017 03:41

Great work. Ive been keeping up with you success since that first post.It seems like you have all the ideals in order, and i feel like I'm on that path swell. I see a lot of the ideas you shared in myself.

Do you have any advice for a guy on day 84. I still have some emotional ups and downs. One day I'm happy and one I'm sad. I take many stridencies to not fall, and this is what got me this far. But I'm not seeing 100% of the light at the end of the tunnel that i was promised to get on day 90. Wher's my everlasting happiness? I feel like this will always be baggage that i will have to carry for the rest of my life.

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Re: Hi!

Posted by RobFloyd - 13 Dec 2017 12:26

For me, 90 days was a milestone. I felt happy and grateful to Hashem that I reached that point. However, I still need His help every day of my life. Some things have gotten easier, e.g. keeping control of my eyes when I'm outside, but every day is work. The work gets easier, but doesn't disappear. My focus is on being happy and content with my life as it is and staying away from the need to lust.

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Re: Hi!

Posted by gibbor120 - 13 Dec 2017 14:23

[yosef10 wrote on 13 Dec 2017 03:41:](#)

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BINGO! I'm not sure if "this will always be baggage...". It can get easier - definitely. But, this line says it all - "I'm not seeing 100% of the light at the end of the tunnel that i was promised to get on day 90. Wher's my everlasting happiness?". Too many people think this way. I think the marketing of "90 days" is too strong. Plus, it's easy, so many people want to believe that it is some sort of magic. It is not magic. It helps definitely, but it is not a magic pill for "everlasting happiness".

I'm convinced that anyone who uses "the 90 day tool" by itself with no other work will fail. I'm curious to hear from someone who has found otherwise by experience. I highly doubt that I will.

It gets you off the ropes. It starts you on the path. It's like lighting some twigs on fire. They will catch very fast, but will not burn that long, unless you start to add some more substantial fuel, that is harder to light, but will last much longer. That is the real work. 90 days is just a jump start. At least that is my humble opinion.

I see it very much like diabetes. Take your insulin every day, and you can live a very normal life. Forget to take it, and things can go bad quickly. Make gedarim and keep them. Stay busy with positive things. Have friends. Talk to them. Be productive. You can live very normally without being consumed with sexual obsession. But, so far, no one has discovered a magic happiness pill.

I hope this has helped. Sorry for the rant.

You are doing great! Keep it up!

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Re: Hi!

Posted by cordnoy - 13 Dec 2017 14:28

[gibbor120 wrote on 13 Dec 2017 14:23:](#)

[yosef10 wrote on 13 Dec 2017 03:41:](#)

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You are doing great! Keep it up!

Markz, where da Hell is da "five-star" widget?

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Re: Hi!
Posted by ieeyc - 13 Dec 2017 15:43

where the H*** are the moderators:see_no_evil: ,but point well said,gibor deserves 5 stars!

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Re: Hi!
Posted by Markz - 13 Dec 2017 16:04

[ieeyc wrote on 13 Dec 2017 15:43:](#)

where the H*** are the moderators:see_no_evil:

They passed 90 days b/c they weren't counting **on** the days

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Re: Hi!
Posted by cordnoy - 13 Dec 2017 17:28

[ieeyc wrote on 13 Dec 2017 15:43:](#)

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Porn

Hell

Masturbate

Damn

Sex

L*** y** a** H**** C*****

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Re: Hi!

Posted by Markz - 13 Dec 2017 17:52

[cordnoy wrote on 13 Dec 2017 17:28:](#)

[ieeyc wrote on 13 Dec 2017 15:43:](#)

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L*** y** a** H**** C*****

You want 7 stars now?????

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Re: Hi!
Posted by Gevura Shebyesod - 13 Dec 2017 18:00

I counted 18

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Re: Hi!
Posted by ieeyc - 13 Dec 2017 18:13

[cordnoy wrote on 13 Dec 2017 17:28:](#)

[ieeyc wrote on 13 Dec 2017 15:43:](#)

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1. feel better? 2. i was just kidding, i guess i should have said it in the just havin fun forum im very inspired by your posts, you and all the old timers of gye are pioneers , 3. i looked at your post twice once by accident and the second time intentionally, is that a fall? 4. i have no idea what the last line stands for , you probably made it up: smile: .a freilichin Chanuka !

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Re: Hi!
Posted by mishtaper - 13 Dec 2017 18:16

Hello to everybody here. I don't know how this works but I want to try it out

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Re: Hi!
Posted by ieeyc - 13 Dec 2017 18:19

[Markz wrote on 13 Dec 2017 17:52:](#)

[cordnoy wrote on 13 Dec 2017 17:28:](#)

[ieeyc wrote on 13 Dec 2017 15:43:](#)

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You want 7 stars now?????

those ARE stars arent they?

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Re: Hi!

Posted by yosef10 - 14 Dec 2017 00:35

Great post, i appreciate all the advice and your insight.

Its just that I'm a goal setter. It seems like theres never an end. I understand that its a blessing, that this got me closer to Hashem and will continue to o that. But i don't want this to effect me for the rest of my life. Right now I'm 16, pretty young, but when i think down the line, that if i never truly recover what will that do to my wife, and my kids. I want to be the type of person that never even thinks of crossing his wife, or doing anything to hurt his kids. I see the positives, and i enjoy and understand them, but the plus-minus of going through this seems totally out of proportion in favor of the bad. Even if i get better I will never trully recover. I hate that feeling of guilt that it can never fully and completely be fixed.

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Re: Hi!

Posted by ieeyc - 14 Dec 2017 07:16

shalom uberacha!Hashem should continue giving you the strength to go against the tide of your enviorment,your a true decendent of Avraham Avinu to follow the way that you know to be true in morale purity in the face of mockers .you bear the name yosef who like your namesake when in the stinking mitzrayim seperated from fellow yidden ,stayed true to morale purity.thank you for posting and inspireing us .

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