

Question re 90 program

Posted by kovesh yetzer - 22 Sep 2016 19:31

---

Is the 90 day program only for zerah livatala and watching porn? B"h i have filters and that isnt my day to day struggle now (probably would be if not for filters have succumbed to nisayon in high school as well as handful of times over the years when I first got exposed to internet-yes the taveh is dormant) however I live in a city where pritzus is unbelievable (young college university town people dressed as little as on the beach) and the constant challenge is shmiras eynayim on the street. Is the 90 chart for that as well?

Thanks

=====  
=====

Re: Question re 90 program

Posted by Markz - 22 Sep 2016 19:37

---

Yep - Let us know how it goes

:~)

=====  
=====

Re: Question re 90 program

Posted by Markz - 23 Sep 2016 12:59

---

alternately you can simply move to a different city and then you won't need the 90 day thing

=====  
=====

Re: Question re 90 program

Posted by gibbor120 - 26 Sep 2016 21:39

---

Welcome! There is no magic in the 90 day chart. You are in a place of constant sakana. Do you have any way out? Avoiding the nisayon in the first place is the best option. If you can't avoid it totally, what can you do to lessen it?

=====

=====