

Hayom Yom

Posted by HayomYom - 25 Nov 2016 16:20

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Hayom Yom 0

Hi everybody. My name is HayomYom. I hope to start counting my days, and making my days count.

(...yeh yeh, one day at a time...)

Obviously, I'm here cuz I suffer from lustaholism, and I want to get better.

Based on my analysis of my failings, I need to adhere to the following guidelines:

1. Avoid looking at forbidden/triggering images of any sort.
2. Avoid touching myself for pleasure anywhere close to the 'sensitive area'.
3. Avoid any form of dressing or undressing for lustful purposes.
4. Avoid lying on back or stomach (even partially).
5. Last but not least: Avoid unnecessary internet usage (hard to define, but the heart knows...).

Oh, and another very important guideline: Avoid triggering thoughts/fantasies (hard to quantify, but the mind knows...).

I hope to update regularly (if not daily, at least weekly).

GitShabis!!

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Re: Hayom Yom

Posted by HayomYom - 06 Dec 2016 15:04

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Hayom yom 11

Praise the Lord in heaven!

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Re: Hayom Yom

Posted by HayomYom - 07 Dec 2016 15:01

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Hayom yom 12 ("? - "?)

??? ???? ???? ???

Something is hidden for guests. Please log in or register to see it.

- ("? ?? ??????)

We are fully responsible for our recovery - (GYE Handbook)

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Re: Hayom Yom

Posted by HayomYom - 08 Dec 2016 15:26

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Hayom yom 13

Mini Bar Mitzvah (??? ????)

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Re: Hayom Yom

Posted by will Succeed Beh - 08 Dec 2016 17:19

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??? ???!

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Keep up!!!

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Re: Hayom Yom

Posted by HayomYom - 08 Dec 2016 20:13

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Thanks & iy"H by you oif simchos.

And mazel tov on your "bris" (???? ???????).

Hatzlacha!

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Re: Hayom Yom

Posted by HayomYom - 09 Dec 2016 14:47

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Hayom yom 14

14 = ??"?

???? ??? ?????

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Re: Hayom Yom

Posted by HayomYom - 11 Dec 2016 13:37

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(Yesterday was 15 = ????? ???)

Hayom yom 16

sweet sixteen

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Re: Hayom Yom

Posted by will Succeed Beh - 12 Dec 2016 11:59

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Amazing!

Made it to ??? yet?

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Re: Hayom Yom

Posted by Singularity - 12 Dec 2016 13:20

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I'm gunning for the gematria of

????-????????????? ?????????? ????-??????????????

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Re: Hayom Yom

Posted by HayomYom - 12 Dec 2016 14:44

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Hayom yom 17 (???)

So far so GOOD

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Re: Hayom Yom

Posted by will Succeed Beh - 12 Dec 2016 15:28

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[Singularity wrote on 12 Dec 2016 13:20:](#)

I'm gunning for the gematria of

????-????????????? ?????????? ???-?????????????

Yes we are all aiming for that and beyond!

???? ?' ?????? ??????:like:

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Re: Hayom Yom

Posted by HayomYom - 12 Dec 2016 22:56

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Testing... (I've been having difficulties today with posting on the forum. The 'submit' button was not working.)

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Re: Hayom Yom

Posted by HayomYom - 12 Dec 2016 23:13

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[will Succeed Beh wrote on 12 Dec 2016 15:28:](#)

[Singularity wrote on 12 Dec 2016 13:20:](#)

I'm gunning for the gematria of

????-???????????? ???? ????-????????????

Yes we are all aiming for that and beyond!

???? ?' ?????? ??????:like:

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Re: Hayom Yom

Posted by Singularity - 13 Dec 2016 09:31

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BH!

Amen! Hatzlacha to all of us - one day at a time.

As a start I'm going for the "????"



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