

is 90 day chart enough for me

Posted by yankelshmira - 15 Aug 2017 23:03

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hi everyone. i started with this problem when i was a young boy, i don tknow the age, but at that point i didnt even know what masturbation was! i thought i had some sort of interesting disease but for some reason i was to shy to tell my parents about it. so it carried on. sometimes i was doing it up to twice a day and sometimes i managed to stop for 2-4 months. slowly i found out what it was and at about 13 i found out that it was an aveira. but i couldnt stop. i fell into porn for a few years until my mother caught me and i basically never did that again. but masturbation continued and although over the past few years ive managed to controll it better, i kept falling because i persauded myself that im not going about the right way of stopping. i got to an age where marraige was on the horizon and i decided that i absolutly want to stop before i get married, i just didnt know how. so i davened and davened for Hashem to show me a way and one day someone brought into yeshiva one of rabbi twerskys books and he writes there about gye and that is where i am today, 9 days in! my question is that now that i know that fighting one day at a time is the way forward should i just try that to begin with or should i be doing other things as well? thanks for reading!

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Re: is 90 day chart enough for me

Posted by Markz - 16 Aug 2017 00:09

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[yankelshmira wrote on 15 Aug 2017 23:03:](#)

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Welcome brother

I believe [One Day at a Time does NOT mean 24hr White Knuckling / fighting](#)

You are on the right track here brother

Check solutions (in the spoiler below), and you will find all you need ;-)

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Re: is 90 day chart enough for me

Posted by gibbor120 - 22 Aug 2017 21:51

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Welcome! Check out the handbook and keep on posting and reading the forum. Each person has to figure out his own path. There are lots of ideas here. Try some and see how it goes.

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