

90 Day attempt

Posted by rolemodel - 27 Mar 2019 04:47

I stumbled across this site one year ago, but that was it. then earlier today i was on reddit and stumbled across r/nofap. For the past 2 weeks ive been wasting so much time on garbage even though i have much more things i want to do like working out. This is besides for feeling guilty. So after reading stuff on r/nofap I committed to a 90 challenge. then i came back to this site. wish me luck!

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Re: 90 Day attempt

Posted by johnfrumgye - 27 Mar 2019 12:57

I wish you a lot of luck & success on your new journey. I would like to offer one piece of advise if i may. r/nofap is great and all but it didnt work for me. the content on that subreddit or that site is not so clean. Many people on that site do not want to masturbate ONLY. They are still okay with lusting, watching porn, and discussing inappropriate behaviors. When i was on it and tried to stay clean i found it much harder because of how explicit some post may be. I personally did not understand how they are still considering themselves sober while being active in their fantasy, and secret life until i realized their only goal is to stop masturbating. After realizing their goals are different than mine i stayed away because some posts could be a trigger for me....This is just my personal opinion, but if your goal is similar to theirs then go for it. Every bit of recovery helps.

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Re: 90 Day attempt

Posted by rolemodel - 28 Mar 2019 00:22

For me, the reason i desperately need to end my addiction is because I was wasting soooooo much time doing nothing. For example I would spend hours on instagram viewing status updates trying to find a good picture and I couldnt miss it cause it gets deleted forever. And i have so many things I want to do, but never had time. So what is fueling my 90 challenge is more about getting more time in my day and so i am not a prisoner to lusting

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Re: 90 Day attempt

Posted by ColinColin - 28 Mar 2019 04:20

Good luck rolemodel.

I am going to be pedantic here, really pedantic, but reading the words

"90 Day Attempt" causes me a worry about your approach.

I might be wrong, so ignore me if I have read things wrongly.

In my view, it is not just about 90 Days, it is about taking things one day at a time for **the rest of your life.**

90 Days can seem like a mountain to climb at times...so keep things really simple.

Plan each day, each hour if need be, and take it from there.

And "Attempt"....why limit yourself?...as if you can merely *attempt* it?....actually achieve a new life for yourself.

Day by day.

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Re: 90 Day attempt

Posted by rolemodel - 28 Mar 2019 21:07

It takes 90 days to do a "reboot" so that is why I limited it to 90 days. It sounds like a mountain climb, but because I am limiting my commitment to 90 days, I hope that since there is an end in sight, i will be able to push through day by day. Again, the main reason that I NEED to do this program is because I was wasting to much time doing garbage and i don't have time for more important things. I know this seems more of a secular reason for doing the program, but to be honest it was r/nofap that led to me finally deciding to do the 90 day program not GYE, which I had stumbled on before. It's not to say that I dont have have guilt for masturbation which I do, but for some reason, that guilt didn't manifest into starting this program, whereas the idea of "rebooting" does give me motivation.

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Re: 90 Day attempt

Posted by Nomore24 - 28 Mar 2019 21:25

I tried getting to 90 days too, but honestly it had the opposite effect on me. I find that when I make a chart for myself for a certain period to do or not do something, I lose track of why im doing it and then i fall. All that matters is checking off days on the chart and the purpose for doing so gets lost. Yes maybe there is something to 90 days but it is definitely not a cure all, or a hard reset. Its just a number. And I could be wrong as i have yet to reach 90 days so im not talking from experience. I find that what works best for me is a complete change of attitude. Every day i tell myself, today i will not fall because I know what happens when i do. Its hard to not look at the bigger picture but its so important (for me at least) to get into that "one day at a time" mindset. Anyway i wish you luck on your journey. to 90 and beyond.

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