

I made it to 63 days before and now I'm back
Posted by Anonymous1234567 - 04 Jan 2022 11:31

I made it to 63 days before in 2011 and also 150 days but I don't remember the exact days for 150 days (around 5 to 6 months) in 2012. Now I'm back in this site to help me get back to where I started to stop masturbating and watching porn... right now, just music videos are the one that gets me by surprise if I'm not careful what I watch. I need Hashem help and thank you Guardyoureyes for helping me out

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Re: I made it to 63 days before and now I'm back
Posted by DavidT - 04 Jan 2022 15:02

[Anonymous1234567 wrote on 04 Jan 2022 11:31:](#)

I made it to 63 days before in 2011 and also 150 days but I don't remember the exact days for 150 days. Now I'm back in this site to help me get back to where I started to stop masturbating and watching porn... right now, just music videos are the one that gets me by surprise if I'm not careful what I watch. I need Hashem help and thank you Guardyoureyes for helping me out

You are much better off now than when you started out.

You have many clean days that are yours to keep for ever and they should serve as a proof that you can do it again.

The main this is not to focus on the past or the future. Just take it one day at a time (or even one hour at a time if needed). With the help of Hashem and your friends at GYE you'll be able to get places that you did not dream of...

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Re: I made it to 63 days before and now I'm back
Posted by Anonymous1234567 - 04 Jan 2022 17:06

Thank you!

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Re: I made it to 63 days before and now I'm back
Posted by Shtarkandemotional - 04 Jan 2022 17:20

hey, welcome! wishing you much hatzlacha in your journey! and remember, it's about changing your mindset! and there's a lot of amazing resources that can help you out! check out captain's signature he should be around here at some point! you sound like your a committed fellow put in the willpower and motivation and rock on! good luck, you can do this!

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Re: I made it to 63 days before and now I'm back
Posted by Anonymous1234567 - 04 Jan 2022 17:26

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Re: I made it to 63 days before and now I'm back
Posted by Captain - 05 Jan 2022 13:35

Hey, welcome!

Please check out the free resources below. They're good to start with.

Hatzlocha!

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Re: I made it to 63 days before and now I'm back
Thank you! for the motivation it helps a lot
Posted by Anonymous1234567 - 05 Jan 2022 14:16

I like that book battle of the generation the title sounds like a win for me since we are in 2022 and not in 2009 and so on... thank you for your help! I give it a read

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Re: I made it to 63 days before and now I'm back
Posted by Shtarkandemotional - 20 Jan 2022 18:35

hey, how have you been?

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Re: I made it to 63 days before and now I'm back
Posted by Anonymous1234567 - 23 Jan 2022 17:15

@Shtarkandemotional

I have failed first time I tried in years but I'm getting back up again...

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Re: I made it to 63 days before and now I'm back
Posted by Anonymous1234567 - 23 Jan 2022 17:23

[Shtarkandemotional wrote on 20 Jan 2022 18:35:](#)

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Re: I made it to 63 days before and now I'm back
Posted by Anonymous1234567 - 23 Jan 2022 17:27

hey, how have you been?

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Re: I made it to 63 days before and now I'm back
Posted by Anonymous1234567 - 23 Jan 2022 17:27

[Shtarkandemotional wrote on 20 Jan 2022 18:35:](#)

hey, how have you been?

Sorry I haven't replied in couple days... I have failed first time I tried in years but I'm getting back up again...

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Re: I made it to 63 days before and now I'm back
Posted by Gevura Shebyesod - 23 Jan 2022 21:53

If you tried where you haven't tried before, that's already a win. Keep working at it, you don't lose until you give up.

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