

84 days clean.

Posted by poij - 31 Jan 2023 20:05

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Hi, so this site helped me meet someone who challenged me to be clean for a week. No looking at anything not tznius, no touching except for the wife. He really helped me and I could not have done this alone.

For a long time, I did not think this was possible, but here I am. I think it is. But, I don't think anyone can do it alone. This is implied in Hilchot Deot, 2. The only solution is to have a mentor who can give you guidance on the right things to do, and to help you beleive that your emotional resilience will naturally develop.

So, to all those visiting, I beg you please find a real person to be in touch with every day. You can do it, it can be done.

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Re: 84 days clean.

Posted by Eerie - 31 Jan 2023 20:15

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I couldn't say it better, my friend! Keep it up and keep inspiring!

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Re: 84 days clean.

Posted by pvibes - 01 Feb 2023 01:23

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I completely agree. Signing up at GYE is a great first step, but the next step is finding a real person to talk to about it, and until then one will find it very difficult to break free from pornography.

Thanks for sharing the thought!

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