

The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 24 Jul 2011 21:59

Hello all.

My name is ... ya right. As I said in my intro thread, I'm 21 and been suffering since I was 12, with no more than a 1 month break while I was in Israel (at least not that I remember). I'm currently 6 days in and strong! (I think, and I'll get to that.) Whew, beginning aren't easy. I find it very easy to wake up each day and say, "Today is just one day." I find it easy to ask Hashem when I Daven to help me just for today. But, the fact of the matter is, when I'm 'in the moment,' I totally forget all that, and I don't know how to get hold of myself then. Thinking of this wonderful community definitely helps, thinking about the small \$ Neder I took on for Tammuz helps, but

It's really scary to see people on the chart who have already had their 90 days and have slipped and are starting over. Not to Chas V'Shalom put them down, but it scares me because I think that once I hit 90, iy"H, I'll be good to go, but obviously it's a lifelong journey.

I said I'd get back to why I only think I'm 6 days in...but I want to know if this is the more graphic thread, or are we supposed to keep it clean on this thread? I'm still obviously a Newbie, so if someone can let me know the boundaries of this thread, please do!

Anyway, the new site preview looks cool and I CAN'T WAIT for the new live chatroom to open up!!

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I've been slipping, and I'm only 6 days in
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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 06 Nov 2012 21:25

Yes, that's true. Thanks MT.

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 22 Nov 2012 15:56

Dear world,

I fell.

It has been incredible.

Since November 1, I have been clean except for 3 "slips" (which are falls enough to make me restart the chart). I looked at 5 minutes of porn one day, masturbated that little first drop once, and looked at a few porn pics another day. Sure, that's bad. But from where I had been, that was remarkable.

And then last night, I lost it. That was November 21. So, for 3 weeks, things have been incredible. Other than the few messups and last night, I have been so proud and so happy of the way things have been going. Last night hurt. It actually hurt physically while doing it, and emotionally - not after, but even as I was doing it. But, that's all over. For some reason, I don't feel down now. For some reason, I'm happy. I'm ready to move on. I know how amazing the majority of the month has been. And frankly, I want to continue that. If you are anything like I was/am - doing it almost daily, then I can at least tell you what it's like for me to move away from that routine. It's amazing.

So, today begins day one again. And this time, I actually have the confidence that I can do it this time. Thank you, Hashem.

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Re: The most Geshmock 90-Day journey...of my life
Posted by reallygettingthere - 22 Nov 2012 20:37

[HockShmockGeshmock wrote on 22 Nov 2012 15:56:](#)

So, today begins day one again. And this time, I actually have the confidence that I can do it this time. Thank you, Hashem.

Sweet. We are all cheering you on. Hatzlocho!

Eli

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Re: The most Geshmock 90-Day journey...of my life
Posted by yehoshua - 23 Nov 2012 12:23

Thanks for being real. Thanks for the honesty. I wish you strength and lots of humor. ;D (yeah and may Hashem bless me with the same brachos) ;D

For real you keep getting up like Sly in Rocky, *that's how winning is done*. Anyhow really, just reminded me of that "a thousand times is not enough" - hm, i think it refers to getting up again

All the best to You Chaver!!!

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 25 Nov 2012 03:56

Thanks, guys. Turns out that Day One was a lot harder than expected, but I made it through, b"h. It's so freakin scary. That little "taste" has been on my mind since I fell, and I just want to try

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 22 Oct 2017 23:35

Hi friends, it's been almost 5 years. B"H I got married and a had a beautiful baby girl. The dream of marriage helping solve this problem was, as forewarned, just a dream (although it has made and asking Hashem for help. :

it somewhat easier). I should have come back here sooner, but I'm happy to come now. Anyone know how to set up iPhone Restrictions with someone remotely accessing my phone to set a password? Can't make it into one of the centers.

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Re: The most Geshmock 90-Day journey...of my life
Posted by Markz - 23 Oct 2017 00:29

[HockShmockGeshmock wrote on 22 Oct 2017 23:35:](#)

Hi friends, it's been almost 5 years. B"H I got married and a had a beautiful baby girl. The dream of marriage helping solve this problem was, as forewarned, just a dream (although it has made it somewhat easier). I should have come back here sooner, but I'm happy to come now. Anyone know how to set up iPhone Restrictions with someone remotely accessing my phone to set a password? Can't make it into one of the centers.

Welcome back brother!

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Re: The most Geshmock 90-Day journey...of my life
Posted by Gevura Shebyesod - 23 Oct 2017 03:12

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Re: The most Geshmock 90-Day journey...of my life
Posted by bgit - 23 Oct 2017 20:57

Welcome back and Mazel tov on your marriage and baby! Is the crowd here the same as the last time you logged on?

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 19 Apr 2018 12:37

Yesterday was day 1. I've finally got a filter on my phone but of course have already learned how to get past it. But I'm going to do it, and I'm going to come back here at nights when it's tough. My birthday is in 3 weeks, and my short term goal is to make it till then.

@bgit Sorry I never replied. I didn't take a look around to see, but Gevura responded to me last time I posted, so I know at least he's still around.

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 20 Apr 2018 14:23

Yesterday was day 2, B"H.

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Re: The most Geshmock 90-Day journey...of my life
Posted by Gettinghelp2 - 20 Apr 2018 15:38

Hey great to welcome you back! I'M here again too. was last here 2009. Wish I stayed. wasn't ready than, I am now. From someone who has children your age please take my suggestions(s) to heart. NEVER EVER STOP BEGGING AND PLEADING WITH HASHEM TO TAKE AWAY THE LUST!!!! It does work. Each case is different but it works. You'll start to see a huge difference in the general feeling and attitude in your house and family. The Kiddusha will some how works its way into every area of your life. Watch and see how each day of your recovery allows your family to greatly benefit spiritually and materially. No overnight sensations, just slow and steady improvements. I've seen and experienced these miracles first hand recently.

Keep it up and never stop.

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Re: The most Geshmock 90-Day journey...of my life

Posted by HockShmockGeshmock - 22 Apr 2018 05:13

Yesterday was day 3. First 3 day steak in a while.

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Re: The most Geshmock 90-Day journey...of my life

Posted by Hashem Help Me - 22 Apr 2018 05:24

Mazel tov on your accomplishment. May Hashem help you continue.

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