

Tryingsohard's 90 day journey

Posted by tryingsohard - 08 May 2012 21:45

I havent been on this website in a long time, as I was exploring other options. After making absolutely no progress, I am back and I'm hoping that by actively logging my 90 day attempt, it will help me to finally reach it.

For those that don't know my story: I was always easy to be sexually aroused, even from a really young age. The thing is, I wasnt doing it intentionally and had no clue what was going on. As I got older, I still was pretty sheltered (my dad didn't let us have any internet access) and didnt even masturbate until the age of 16, probably an old age compared to many people here. At that age, I still hadn't realized it was wrong. I finally found out it was really wrong and tried to stop. I was off and on successful for a while until 12th grade when I got full internet access. Well after not having any access my entire life, I was a sitting duck. I became totally, utterly and completely hooked. I am now 23 and for the last 6 years, my life has been in shambles. My social life has been messed up. My spiritual life has been messed up. I can't seem to make any progress at all. I'm just so sad all the time.

I'm hoping this 90 day log will be beneficial. After already falling twice today, I'm going to count tomorrow as day 1. May god help me be successful.

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Re: Tryingsohard's 90 day journey

Posted by jewish jew - 08 May 2012 23:00

I would advise the ThaPSic method I like the idea and just started it myself, it sounds good and has a lot of logic to it too.

good luck and ask Hashem for help JJ

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Re: Tryingsohard's 90 day journey

Posted by tryingsohard - 08 May 2012 23:47

What is the tapsic method?

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Re: Tryingsohard's 90 day journey

Posted by tryingsohard - 09 May 2012 15:32

Day 1: oy...how many day 1's have I had over the years? Too many to count, that's for sure. Here's hoping its my last day 1 forever.

I feel good today. I'm going to be home a large part of the day by myself, which is scary. But I'm not letting anything get in my way today! I'm looking forward to a 2 week break from college starting next week. Of course, I always seem to fall whenever I'm happy or looking forward to something. Not happening this time! I am optimistic.

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Re: Tryingsohard's 90 day journey
Posted by tryingsohard - 10 May 2012 17:45

So i had a fall. A bad one. After only one day. Im so upset that it led to me doing something rather drastic- ...i smashed my laptop. Done. Finished. Now i know many of you will think that may have been going too far. But i actually feel better now, not worse. It needed to be done. I have lived with this for too long. I am 23 and will be looking to get married soon. I MUST deal with this before then. I still have an account on my families computer but time on that must obviously be shared between everyone. And there is a filter on it and i dont wanna risk doing anything that will get me caught on that, so i think im safe there. Tomorrow will start day 1 again and we'll see how this goes. The truth is that i only got my laptop when i came back from israel 3 yrs ago. It feels like forever with the hell that my life has become over the those yrs. But it wasn't THAT long ago that i was a whole person. Unfortunately, i can now barely remember those times when i was, but im hoping to rediscover them. Day 1 tomorrow , with no laptop to tear me down.

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Re: Tryingsohard's 90 day journey
Posted by ImGonnaWin - 15 May 2012 15:10

TSH-

The taphsic method is a shevah you take. See here for more information:

www.guardyoureyes.com/the-gye-program/20-tools/item/tool-10?category_id=278

[Seems like you've been having a rough time lately. The most important thing is your sobriety right now. Whether or not smashing the computer was the best move, I think that doesn't matter at this point. What matters is that you have a plan for how you will deal with your lust. Remember: no computer does not equal no lust.](#)

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