

My journey to 90 days... once again

Posted by im not alone - 04 Mar 2013 12:10

so im starting once again my journey after a period of 3 months of being stuck in the mud

now with hashems help im going to make it.. I know ive said it a million times but... this time is different (Ive said that a million times too)

the only way I could prove it. is by waiting the 90 days and ill have the proof

hashem please help me ... life is not that long ... I have to get going .. please

Im 24 hours clean now... thats already a milestone

(ill post lightly as bh i have extreme busy job duties)

just keeping a record

im not alone... keep on trucking

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Re: My journey to 90 days... once again

Posted by Pidaini - 27 Apr 2015 10:43

KUTGW!!!

There is nothing wrong with feeling happy for our accomplishments, on the contrary, relish in it!! We only have to be careful that we don't become complacent with our progress (which was probably my mistake).

The point of not gazing at women is a really important one. We do not only feed on porn and masturbation, that is our way of *acting out*, but there are plenty of ways where we internally give ourselves a little "boost" of lust, by looking and/or fantasizing without any external actions.

It is actually those things that keep our addiction alive and keep us from being **sober** even when

we are "clean".

Progress, not perfection!! You are certainly making progress and that's what counts!!

KUTGW!! KOMT!!!!!!!!!!!!

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Re: My journey to 90 days... once again
Posted by cordnoy - 27 Apr 2015 15:29

[Pidaini wrote:](#)

KUTGW!!!

There is nothing wrong with feeling happy for our accomplishments, on the contrary, relish in it!!
We only have to be careful that we don't become complacent with our progress (which was probably my mistake).

I know that with me, i gotta worry about this, because the happier I am with my accomplishment
and with relishin', the worse off i am; it needs to be God-related.

that bein' said, that's probably what was meant.

b'hatzlachah to all

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Re: My journey to 90 days... once again
Posted by pischoshelmachat - 27 Apr 2015 16:16

I wish i had some long term sobriety so that I would have the question of whether to relish it or not. I have no Frankfurter, no ketchup, no mustard no bun and surely no relish!

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Re: My journey to 90 days... once again
Posted by im not alone - 13 May 2015 02:32

I fell and fell after 2 weeks of staying sober (following years of walking on dirt)

so Im picking myself up and Im setting something concrete.. im committing to taphsic method as provided below

effective immediately up until my next fall or until after sukkas I will not use the internet for p..n or anything in that nature. If I fail at that Ill stop Using my home computer for everything and anything thats outside of strict business purpose or email.. until I placed a stronger and more comprehensive filter service.. in the event that after a fall I would still use the computer (before installing a better filter) for anything not mentioned above I'll consequence myself with 2k for tsduka.

i could modify all that to the stricter side but not to be more lenient..

Its sounds complicated but to me its straight fwd..

I fall.. I stop using computer for fun until filter.

I fail at that... I pay 2000

all this is while i remember my vouch

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Re: My journey to 90 days... once again
Posted by Gevura Shebyesod - 13 May 2015 02:55

Welcome back! Sorry to hear of your falls but it's good that you're getting back up and taking concrete steps.

Just one comment though: if your filter could be better why wait till after another fall? Fix it now and a fall will be less likely.

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Re: My journey to 90 days... once again
Posted by cordnoy - 13 May 2015 10:07

Can i recommend a tzedakah?

b'hatzlachah to you!

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Re: My journey to 90 days... once again
Posted by im not alone - 27 May 2015 03:41

ok so here i am almost 2 weeks clean bh

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Re: My journey to 90 days... once again
Posted by im not alone - 05 Jun 2015 08:00

I fell....

so as my taphsic methods kicks in.. now im up to not using the web only for business and email..up until i install a better filter...

if ill break that ill have to pay 2k

im down yet im thankful for the over 3 weeks I was sober and i hope and wish that this time around it will last longer... a lifetime

I can do it

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Re: My journey to 90 days... once again
Posted by TalmidChaim - 05 Jun 2015 14:36

You definitely can do it, and you have a good attitude too. I'm sure you'll be getting the "So what are you going to do differently this time?" barrage from people here, so I won't ask that. It goes without saying. I think one of the most important things to say as connected as possible, and post here a lot.

Mentally, what precipitated the fall (without too much graphic detail ;-) Were you stressed, or even over-optimistic about something?

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Re: My journey to 90 days... once again
Posted by cordnoy - 05 Jun 2015 14:46

[im not alone wrote:](#)

I fell....

so as my taphsic methods kicks in.. now im up to not using the web only for business and email..up until i install a better filter...

if ill break that ill have to pay 2k

im down yet im thankful for the over 3 weeks I was sober and i hope and wish that this time around it will last longer... a lifetime

I can do it

A thousand for 3 weeks

2K for 5 or 6 weeks

Expensive therapy....

b'hatzlachah

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Re: My journey to 90 days... once again
Posted by im not alone - 21 Jun 2015 06:22

Bh still going strong

since my last fall I have not used my home pc for anything but business purpose

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Re: My journey to 90 days... once again
Posted by im not alone - 03 Jul 2015 19:06

oi yoi.. I fell I'll write about it at a later time

But for now...

Im picking my self up.. right now

the next 24-36 hours is crucial.. im standng again

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Re: My journey to 90 days... once again

Posted by dd - 06 Jul 2015 11:19

Sorry to hear about the fall!!!

How have you been doing since?

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Re: My journey to 90 days... once again

Posted by im not alone - 24 Jan 2018 01:56

Its been a while...

I was really browsing and staying in the dark for way too long!

But I'm starting anew,

Today is my second clean day.. I'm really striving and hoping that ill have the kochos to pull it off this time.. to the 90 day wall of honor.

lyh bli neder, ill moderately post how it goes with my struggle. If ill be able to stand tall for full 7 days, ill start a new thread, and call it home (to my new life)

off we go

keep on trucking (are we still using this slang here!!)

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