

My 90 day journey

Posted by helpmeout613 - 11 Jul 2013 02:26

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Hi everyone I have managed 90 days before but now I am finding it very hard so I decided to blog my 90 days hopefully it will make it easier for myself.

today I had a fall so bez" tomorrow Thursday will be day 1

I am going to try and blog every day so hopefully just the thought of blogging a fall will stop me from falling

Thanks so much everyone.

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Re: My 90 day journey

Posted by Pidaini - 11 Jul 2013 11:39

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Ready, Set, GO!!!!

No looking back, or even ahead, it's only NOW that matters!!

we're waiting for the next update!!

KOT!!

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Re: My 90 day journey

Posted by gibbor120 - 11 Jul 2013 20:39

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[helpmeout613](#) wrote:

I am going to try and blog every day so hopefully just the thought of blogging a fall will stop me from falling

How about calling someone when you FEEL LIKE falling so that you don't fall in the first place?

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Re: My 90 day journey

Posted by helpmeout613 - 11 Jul 2013 22:27

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Day 1

Hi everyone I know day 1 is not really over yet but this is the best time for me to blog.

B"H I had a really good day.

But whenever I thought about my fall yesterday i felt really really bad.

But looking positively I think is the way to go like pidaini said dont look back and day 1 is nearly finished.

thank you every1 for your support and suggestions.

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Re: My 90 day journey

Posted by Pidaini - 12 Jul 2013 01:43

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That's the update we were waiting for!! Thanks!!

One way of replacing the bad feeling of the last fall, even though we're not supposed to think about it, is to examine it in order to figure out what led to it, and how to prevent it in the future. What do you think?

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Re: My 90 day journey

Posted by helpmeout613 - 15 Jul 2013 00:49

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Day 2

Friday- I had such a busy day that no bad thoughts even crossed my mind b"h

Day 3

Shabbos with a simcha in the family on shabbos another really busy succesful day b"h

Day 4 Sunday

Back to work i work also on Sundays and was really tired a few bad thoughts crossed my mind during the day but with the help from hashem i managed to push them away so all in all another succesful day.

Thanks everyone for listening and thanks for pidaini for all your advice i really appriciate it.

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Re: My 90 day journey

Posted by inastruggle - 15 Jul 2013 08:07

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Welcome to the forum,

You're doing great so far.

You may want to give yourself a little encouragement not to fall other than just posting since it seems like for most people that only stops them for a little while and then they fall (though i daven that you will not end up that way). Maybe a taphsic or a knas or like gibbor said, calling up someone (or chatting with someone here) when you feel weak. Just a suggestion.

KUTGW.

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Re: My 90 day journey

Posted by helpmeout613 - 17 Jul 2013 03:28

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day 5 Monday

b"h another good day

Day 6 tuesday 9av

As im writing i am thinking about falling but Thank you skeptical for listening to me and helping me (from the chatroom)

So I think i have overcome this one b"h will let you know tomorrow what happened.

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Re: My 90 day journey

Posted by inastruggle - 17 Jul 2013 03:37

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you might not want to leave until you're sure you won't fall.

Unless you mean let us know tomorrow why you wanted to fall...

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Re: My 90 day journey

Posted by helpmeout613 - 19 Jul 2013 00:32

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Day 7 Wednesday

B"h last night with the help of guard your eyes (tha chatroom) I didnt fall.

This morning i slipped i read some inappropriate material but i stopped myself before i went too far.

Day 8 Thursday

a good day.

My wife is being really supportive about the wholew thing and it really helps.

Can anybody tell me what triggers the ewant to masturbate cause I am really trying to get to the root of the problem thanks very much again.

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Re: My 90 day journey

Posted by gibbor120 - 19 Jul 2013 00:37

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In general there are physical triggers. We all know those well. Avoid them as much as possible.

There are also stresses that can be triggers. Only you can know your own triggers. You know what things tend to lead you to bad places. Those need to be dealt with in a healthy way. Mainly, by accepting that they are the ratzon Hashem, and as much as we'd rather have things our way, we have an all powerful, all loving father who gives us EXACTLY what we need each moment.

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Re: My 90 day journey

Posted by inastruggle - 19 Jul 2013 02:19

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[gibbor120 wrote:](#)

In general there are physical triggers. We all know those well. Avoid them as much as possible.

There are also stresses that can be triggers. Only you can know your own triggers. You know what things tend to lead you to bad places. Those need to be dealt with in a healthy way. Mainly, by accepting that they are the ratzon Hashem, and as much as we'd rather have things our way, we have an all powerful, all loving father who gives us EXACTLY what we need each moment.

cont.

Though there are some triggers that are very common. There's an acronym known as RID which stands for Restlessness Irritability Depression. We may not even realize at the time that it's the reason that's causing us to act out but once you stop for a while and can't do it anymore, some people realize that this is what they were doing all along to help themselves feel better.

(gibbor, you can be moicheh if you didn't want to say this)

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Re: My 90 day journey

Posted by gibbor120 - 20 Jul 2013 00:01

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I agree, but I thought the "D" was for Discontent. It's all the same. Some negative **feeling** that we are **fleeing**.

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Re: My 90 day journey

Posted by inastruggle - 21 Jul 2013 09:02

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You're right, fetter geegle helped.

The one stop shop for 12 step acronyms.

[12-steps-recovery.com/library/acronyms.html](http://12-steps-recovery.com/library/acronyms.html)

(rather )

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Re: My 90 day journey

Posted by helpmeout613 - 26 Jul 2013 01:15

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I'm so sorry I havent posted the last few days.

But it hasnt been good.

I didnt post because I didnt have internet access. But the last few days have been really bad I fell every day for 4 days straight.

But B'h today was a good day with no slips or falls so here we go again

Day 1

So far so good. I need to look in the future not the past.

Thank you so much everyone for all your advice, answers and encouragement I really appreciate it and it really helps.

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