

Progress Tracking

Posted by yonatan - 30 Oct 2013 21:49

On the 90 day trail. On day 12. That's a record not counting when I was in the hospital 3 years ago. No privacy. But quitting wasn't on the radar then anyway.

Singing, making music seem to help.

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Re: Progress Tracking

Posted by Dr.Watson - 30 Oct 2013 21:50

amazing, really well done. KUTGW and keep posting.

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Re: Progress Tracking

Posted by ddm11219 - 30 Oct 2013 22:32

Thanks for your update.

keep us posted, and have us in mind

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Re: Progress Tracking

Posted by MJB - 30 Oct 2013 22:45

[yonatan wrote:](#)

Singing, making music seem to help.

It is important to find things to do to fill the extra time that you are no longer using to act out.

KOT

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Re: Progress Tracking
Posted by Tosfos - 30 Oct 2013 23:43

Excellent work... an inspiration to me... keep it up.

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Re: Progress Tracking
Posted by Pidaini - 31 Oct 2013 02:57

Keep us updated, It's great to hear when someone is doing well!!

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Re: Progress Tracking
Posted by yonatan - 31 Oct 2013 06:59

Thanks all! I work from home so being alone a good chunk of the day it's easy to get distracted. Gotta stay focused. I'll keep my progress reports here. Thanks again for your support.

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Re: Progress Tracking
Posted by skeptical - 31 Oct 2013 07:07

Do you have a plan of action to make this attempt to stay clean different?

Hatzlacha!

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Re: Progress Tracking

Posted by Pidaini - 31 Oct 2013 14:33

[skeptical wrote:](#)

Do you have a plan of **action** to make this attempt to stay clean different?

Hatzlacha!

That is the main point, action, physically doing something different.

do you ideas, yonatan?

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Re: Progress Tracking

Posted by yonatan - 31 Oct 2013 17:43

I figured from the beginning that if I could avoid the porn sites I could control the rest of it. My pattern of behavior has always been (at least as far as I can remember) was to go to a porn sites first. Images in the general pop culture seem less problematic in my case. It would be better for me if I didn't see them but I don't seek them out.

So that's my plan, such as it is. Reading some of the threads here, just avoiding porn wouldn't be enough. Wish I had more to offer.

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Re: Progress Tracking

Posted by airmale613 - 31 Oct 2013 17:44

Hi all,

I am on day 6 and feeling pretty good. Nice to see this in the rear view mirror getting smaller and smaller.

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Re: Progress Tracking

Posted by Machshovo Tova - 31 Oct 2013 18:34

[airmale613 wrote:](#)

Hi all,

I am on day 6 and feeling pretty good. Nice to see this in the rear view mirror getting smaller and smaller.

Good luck moving onward. And don't forget that some rear view mirrors come with a disclaimer: "Warning - some images may appear smaller than they actually are."

So don't let it fool you. Defensive driving is always a good practice. Or as some driving instructors say: "Alway expect the unexpected."

Hatzlacha

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Re: Progress Tracking

Posted by Pidaini - 31 Oct 2013 20:42

[yonatan wrote:](#)

I figured from the beginning that if I could avoid the porn sites I could control the rest of it. My pattern of behavior has always been (at least as far as I can remember) was to go to a porn sites first. Images in the general pop culture seem less problematic in my case. It would be better for me if I didn't see them but I don't seek them out.

So that's my plan, such as it is. Reading some of the threads here, just avoiding porn would be enough. Wish I had more to offer.

I thought the same exact thing when I first came to GYE. First thing that AlexEliezer told me was that my problem is much broader than just porn. It's the first sip of any lust *even lusting after my wife*, that makes it or breaks it. Once I let that first bit in it starts building up.

I have to keep my distance from **any** lust, whatsoever, no matter in what form, to keep my head on straight.

Just my experience,

KOT KUTGW!!!!

And KOP(posting)!

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Re: Progress Tracking

Posted by gibbor120 - 31 Oct 2013 20:46

[airmale613 wrote:](#)

Hi all,

I am on day 6 and feeling pretty good. Nice to see this in the rear view mirror getting smaller and smaller.

Great! While you are looking in the rearview mirror - "this" has a habbit of magically standing right in front of your car blocking the road. "This" is a tricky one. Always be on guard. KUTGW!

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Re: Progress Tracking

Posted by airmale613 - 01 Nov 2013 14:32

Today is exactly 1 week clean! I am hopeful but cautious.

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