

mischaretani's climb to 90

Posted by mischaretani - 21 May 2014 16:04

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Hey everybody,

I'm new to GYE, and I figured it would be a good idea for me to open a thread to help me on my journey to 90.

I struggled with masturbation throughout high school, and on rare occasions I viewed pornography. But for the most part, masturbation was my problem. I quit pornography years ago, and was also clean from masturbating for a while. Until a few weeks ago I fell. Then I discovered GYE.

My wife knows about it, and she is extremely supportive and helpful. She is my daily inspiration, and I owe it to her that I am now at 25 days and counting!

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Re: mischaretani's climb to 90

Posted by mischaretani - 27 May 2014 21:54

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Re: mischaretani's climb to 90

Posted by mischaretani - 29 May 2014 18:41

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B"H today is lag b'tahara!

current technique that I find is working well for me: One of my triggers is just lying in bed. That's where I used to do most of my masturbating. So at night I only go into my bed when I know my wife is either in the bedroom already, or about to be. And in the morning I try to get out of bed within 60 seconds of waking up (unless I hit snooze, then I have 60 seconds from when my snooze ends). side-benefit: I also make it to the early shacharis!

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Re: mischaretani's climb to 90

Posted by Gevura Shebyesod - 29 May 2014 18:48

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Veamartem koh lechai...

KUTGW!!

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Re: mischaretani's climb to 90

Posted by mischaretani - 01 Jun 2014 22:52

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B"H Today I reached 36 days- 2x ??!!!

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Re: mischaretani's climb to 90

Posted by TalmidChaim - 02 Jun 2014 01:45

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Great job, mischaretani! Keep it up; you're an inspiration to us all here!

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Re: mischaretani's climb to 90

Posted by mischaretani - 09 Jun 2014 22:10

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B"H Today is 44!!!

I feel rejuvenated by a clean shavuos, and I'm almost ready to celebrate my own shavuos!

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Re: mischaretani's climb to 90

Posted by DanielTeshuva - 09 Jun 2014 23:01

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Happy to see that!

Keep up the Good work! .... (hm, seems like I just answered my own question about what kutgw  
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Anyway have a blessed ascent to day 45, day 50 and beyond. Each passing day says you're a winner!

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stands for

Re: mischaretani's climb to 90  
Posted by mischaretani - 12 Jun 2014 21:25

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B"H Today is 47! Just 3 more days to my personal shavuos.

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Re: mischaretani's climb to 90  
Posted by dms1234 - 12 Jun 2014 21:30

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WOW!!!! How incredible!!!!

Could you explain to us how you are clean? What strategies have you done?

KOL!!!!!! (btw you're living right as opposed to just not falling?)

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Re: mischaretani's climb to 90  
Posted by mischaretani - 12 Jun 2014 21:51

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- I sponsored myself. \$90 if make it to no, and if I don't make it, \$2 for every clean day.
- I installed the k9 filter on my computer. my wife has the password. and i added a button to my toolbar so that I can add websites to the block list without putting in the password.
- my old masturbation times were at night in bed, in the morning in bed, or during long stretches when I'm alone in the house. So I don't get into bed unless my wife is in the bedroom, or if I know she will be coming shortly. And in the morning, I try to get out of bed within 60 seconds of waking up. (unless I hit snooze, then it's 60 seconds from my second wakeup.)

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Re: mischaretani's climb to 90  
Posted by mischaretani - 16 Jun 2014 02:45

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B"H! I have reached 50 days! May I continue to 51 and beyond!

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Re: mischaretani's climb to 90  
Posted by TalmidChaim - 16 Jun 2014 05:34

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Re: mischaretani's climb to 90  
Posted by mischaretani - 17 Jun 2014 22:27

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I would like to publicly thank Hashem for His help on this journey. When I started out, the first week took an immense effort, but now that I have 50 days behind me I am finding it easier each day. But that doesn't mean that I can let my guard down- so instead I am posting this thank you with the prayer that the next 50 should bring me even closer to Hashem.

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Re: mischaretani's climb to 90

Posted by MBJ - 18 Jun 2014 21:51

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50 days is great. Definitely don't get complacent, and whatever you do don't try to do any of your old behavior just to see if you are better than before, to check that you won't fall this time around, because you will fall.

Keep up the good work.

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