

another day

Posted by ewards - 25 Jun 2014 20:15

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On they way to 90 days again I told a friend at church this morning about my struggle ( i have a few guys i talk to ) and that was yesterday and that seemed to give me strength for today . This whole journey is very interesting . I am not big about getting down on my self. Just want to do better . LOL have only achieved 15 days clean I keep trying

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Re: another day

Posted by lavi - 25 Jun 2014 20:46

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good luck to you.

are you jewish?

the reason i'm asking is because there are certain expressions and quotes that may come up and you may not understand

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Re: another day

Posted by ewards - 25 Jun 2014 23:36

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Lavi

No sir I am not Jewish am christian here . I sorta read between the lines some time . This site and the daily emails and reading have helped me a lot .

thanks

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Re: another day

Posted by dms1234 - 26 Jun 2014 04:25

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WELCOME!!!!!!!!!! It is GREAT to have you!!!!

Check out: [Skep's tips](#)

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Re: another day

Posted by ewards - 26 Jun 2014 16:59

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Karma

I actually feel sorta weak this morning but I make up my mind in the morning and say i am clean meaning that i am going to be clean another day .

It is sorta reavealing to me Like when some thing bad or aggravating happens i have a thought in my head that says just get threw this and u can act out and things will be ok . ( i can get my fix) I mean it is real . But i don't want my fix at this point i have no desire . Sorta interesting to mean

eward

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Re: another day

Posted by ewards - 26 Jun 2014 17:23

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dms

was replying to ur message there sorry I find this forum sorta confusin

eward

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Re: another day

Posted by aaron73 - 26 Jun 2014 19:06

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Hi mate

Welcome! is nice to have you here, so whenever you need something just ask

I've got a question...are these 15 days your first clean streak?? If you have a fail just get up and keep going, don't let yetzer hara defeat you...

mazel tov in your journey my friend

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Re: another day

Posted by dms1234 - 26 Jun 2014 20:20

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That's precisely what you have to do without the acting out of course!!!! Sometimes we just gotta get through it. But we have to realize acting out won't help us solve our problems. I find reaching out to others helps me. They sure know how to screw my head back on tight

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Re: another day

Posted by ewards - 27 Jun 2014 00:06

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aaron

Actually that was my first clean time in like who knows how many years . And i enjoyed it then i just wanted to feel it again and that started another length of masturbation and porn . Then I

remembered the peace and contentment from my clean days and thought well I have had enough . so lets go for clean again and i have learned some triggers and am enjoying it at this point. And thanks for the interest. how about you ???

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Re: another day

Posted by Edwards - 27 Jun 2014 00:10

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yep thats what i am trying to do LOL sure have a lot of free time at this point Didn't how much I was lusting @acting out

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Re: another day

Posted by Edwards - 27 Jun 2014 16:27

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Good morning guys hope you have a good clean day a beautiful day here in Kentucky:cheer:

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Re: another day

Posted by unanumun - 27 Jun 2014 17:13

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good afternoon from Israel

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Re: another day

Posted by Edwards - 28 Jun 2014 17:39

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SOoo good day here i have had some flash thought of going to my lust site but not going to . I am happy and content as i am nice to not have to get stuff done to go to my addiction .

How are you guys doing

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Re: another day

Posted by ewards - 29 Jun 2014 21:46

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UMMM I had a trigger big time last nite 2 guys and 2 women bare clothed and making out .  
Did:ohmy: not act out but still wanting to think about it . I can't go there already marked chart for  
today

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Re: another day

Posted by Pidaini - 29 Jun 2014 22:41

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Welcome ewards!!

I'm really curious, what is your story? Why do want to stop? What made you come to this site?

Looking forward to learning how to live Real Life together!!!

KOMT!!!!

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