

Trying to get to 90 days again

Posted by helpmeout613 - 14 Oct 2014 00:58

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Hi all I am trying to get to 90 days again.

I hope to keep a diary on here

Day 1

It wasn't hard today b"h.

Recently its been really really bad so I could do with all the support I could get thenks in adance.

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Re: Trying to get to 90 days again

Posted by shomer bro - 14 Oct 2014 02:46

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Again?! I haven't reached that yet, but if you could do it once, then you for sure can do it again. Maybe you can share with everyone what techniques you used then and then you could refine/update them. The same old tools may not always be effective enough. Hatzlacha raba and looking forward to more posts from you.

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Re: Trying to get to 90 days again

Posted by helpmeout613 - 15 Oct 2014 00:03

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Day 2

I wish I would do it again.

I meant I am TRYING again after failing so many times.

Actually about 2 years ago i stopped for about 7 months after seeing an addiction therapist but then I started again:( .

He gave me the tools to deal with it BUT I find them very hard to implement them into everyday life!!

Its all about feelings and discussing them with my wife etc. and even though my wife is very accepting b"h I still get embarrassed and find it hard to discuss with her.

Then yesterday she saw something on my phone and we had a whole heart to heart conversation so here i am with a new force trying again.

back to the point- day 2 was B"H very easy as I was working the whole day so I had no time to stop and think about anything.

Thanks for listening

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Re: Trying to get to 90 days again  
Posted by shomer bro - 15 Oct 2014 01:46

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For sure! We're all here for you, so feel free to talk to us and share what you're going through. I hear that this may be something you don't feel the most comfortable talking to your wife about, but feel free to post here, or message me whenever you feel the need. It's great that you're staying busy as the yetzer hara likes to find other ways for us to utilize our time, and not in productive ways. KOMT!!

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Re: Trying to get to 90 days again  
Posted by helpmeout613 - 19 Oct 2014 02:55

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HI all hope everyone had a nice Yom Tov

Days 3-5

B"H im still clean

But if I wouldn't be doing this 90 day challenge I definitely wouldn't be because I had a a couple of nearly falls over Yom Tov but I won over myself.

So coming up to day 6 and still clean hoooray

Thanks Shomer Bro for all your support it really really helps hearing encouragement from other users.

Have a lovely week and a warm Winter

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Re: Trying to get to 90 days again  
Posted by shomer bro - 19 Oct 2014 05:05

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Day 6! That's incredible! KOMT!

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Re: Trying to get to 90 days again  
Posted by charlie1 - 19 Oct 2014 13:27

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I found doing really loving things for my wife was really beneficial - care about her - I spend 10-20 minugtes every day thinking what is she going through what is she thinking?

Porn is a world of imagination the treatment is to get involved in the real world. care about your family.

you are creating a STORM in shamayim thousands of angles and singing for your success. keeping going every day is amazing I once had a university professor (jewish) that told me there are only 2 types of men in this world those that Masturbate and those that lie!!!! SHEKER - there are lovers of Hashem that sacrifice that urge to him "Hashem his is my korban to you" I Love you

Keep going

Charlie1

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Re: Trying to get to 90 days again  
Posted by inastruggle - 19 Oct 2014 21:32

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The 90 day challenge is a great step for the beginning, but it gets old after a while and stops being too effective (in my experience anyway). Watch out for that, and keep taking any steps you feel would be helpful.

KUTGW and KOMT!

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Re: Trying to get to 90 days again  
Posted by cordnoy - 20 Oct 2014 03:39

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Ditto to Inna.

Keep track of the 90 if it works for you, but concentrate on the moment before you.

b'hatzlachah

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Re: Trying to get to 90 days again  
Posted by helpmeout613 - 21 Oct 2014 23:34

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Thanks everyone for all your support and courage, it really helps knowing there are other people going through stuff as well and that there are people who are encouraging and supporting.

Anyway I'm really sad I had a fall today.

It was early in the morning after I got up, I had to get up early for a job I far from love so that's probably why I fell.

so here we go again

Thanks Charlie1 for your tip I think it might really help

DAY 0

Since I fell this morning it's been OK B"H> I try not to look back just positive to the future

THANKS

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Re: Trying to get to 90 days again  
Posted by newaction - 21 Oct 2014 23:43

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being positive is excellent. which actions are you going to take in order to reinforce your positiveness and start a concrete advance towards your goal ?

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Re: Trying to get to 90 days again  
Posted by cordnoy - 21 Oct 2014 23:44

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didn't understand your reason for fallin', but the truth probably is that you fell for the same reasons you have fallen before; and I don't know you, but probably close to the same reasons I/we have fallen in the past.

What is important to realize is that life is full of obstacles.

there will be all sorts of @\$% thrown at us.

We gotta learn how to duck.

We need to learn how to ignore, shovel, clear away, pray, etc.

Layin' the blame for each fall on one thing or the other ain't gonna help us much; not you; not me; not most of us.

b'hatzlachah

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Re: Trying to get to 90 days again  
Posted by shomer bro - 22 Oct 2014 03:41

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I also fell today, but we both gotta KOMT and moving forward. It's hard, but we can do it!

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Re: Trying to get to 90 days again  
Posted by helpmeout613 - 23 Oct 2014 01:46

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Day 1

Thanks all for your support it really helps me

B"h today was a good and easy day

@newaction what actions can you suggest to help me

@shomerbro yup lets get to 90 days together and prove ourselves we can do it:)

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Re: Trying to get to 90 days again

Posted by newaction - 23 Oct 2014 15:55

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whatever you see that fits to you . the general advise is to continue posting and avoiding isolation. Read the GYE handbook and taking action on the recommendations .

taking part of 12 steps conference calls. learning the 12steps and committing yourself

to follow them . and so on. there are many tools for all the different needs and personalities .  
Wishing you Hatzlacha in your Journey to recovery.

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