

A new start

Posted by yonatan374 - 30 Mar 2015 00:54

I'm on my 90 day journey, 9 days clean.

After all these years I finally told my wife about my addiction to porn. She was wonderful about it and promised to help any way she could. A true eishes chayil. Better than I deserve. I'm truly blessed to have her.

This allowed me at put filters on my computer to keep me honest.

With G-d's help I'll be able to beat it this time.

=====

=====

Re: A new start

Posted by yonatan374 - 06 Apr 2015 22:58

=====

=====

Re: A new start

Posted by serenity - 06 Apr 2015 23:46

Thanks for the good news! One day at a time.

=====

=====

Re: A new start

Posted by TriggerMeNot88 - 07 Apr 2015 02:02

Great news! Keep it up!

=====

=====

Re: A new start

Posted by dd - 07 Apr 2015 19:17

Keep On Trucking!!!

Thanks for sharing!!!!

=====

=====

Re: A new start

Posted by yonatan374 - 13 Apr 2015 01:22

But it's getting harder. Still I feel optimistic I can do it this time.

=====

=====

Re: A new start

Posted by serenity - 13 Apr 2015 05:52

My experience of what works for me, is that there only today and nothing else. And today isn't mine, but is a gift from Hashem. The second I claim credit for today's sobriety is the moment I'm lost; maybe not now but inevitably if my will is n the equation failure is inherent. That's just what works for me.

Hatzlacha

=====

=====

Re: A new start

Posted by yonatan374 - 16 Apr 2015 02:34
Broke my last streak of 19 days.

Minor slips but nothing serious. No falls. But the temptation is growing.

=====

=====

Re: A new start

Posted by pischoshelmachat - 16 Apr 2015 17:27

Keep strong my friend. Daven to HKB"H. He loves you and will be there for you if you let him.

=====

=====

Re: A new start

Posted by yonatan374 - 16 Apr 2015 18:48

Holding strong and asking Hashem for strength.

=====

=====

Re: A new start

Posted by yiraishamaim - 16 Apr 2015 21:27

You're solidly in the groove - KOT

=====

=====

Re: A new start

Posted by yonatan374 - 17 Apr 2015 02:53

Going to start an exercise program after Shabbos. My doc is after me and it'll help the issues I'm dealing with here.

=====

=====

Re: A new start

Posted by yonatan374 - 24 Apr 2015 03:31

Shabbos is coming!

=====

=====

It's late and I'm tired. Over 1 month clean. Slippage here and there but still clean B"H!

Re: A new start

Posted by yonatan374 - 30 Apr 2015 02:16

=====

=====

Re: A new start

Posted by serenity - 30 Apr 2015 02:56

Congrats! One day at a time. If you can do 40, you can do 1!

=====

=====

40 days! I really wasn't sure I would get this far. 90 days really looks possible.