

Ben Torah's 90 day journey and beyond

Posted by BenTorah.BaalHabayis - 20 Dec 2015 05:44

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Okay Chevrah, I wanted to start this thread 2 weeks ago but didn't get around to it. B"H I'm already 17 days clean and would like to post updates about my journey in this thread.

Iv'e been reading many many threads in the forums over the last 2 weeks and Iv'e gained a lot insights. For one, I really need to thank Hashem for allowing me to find GYE at this stage in my life, when 1) I'm still young and only married a few years, and 2) Although Iv'e been struggling for years with porn and masturbation it nevertheless has not went beyond that to worse things and for the most part did not affect my normal functioning as a Father/Husband/Breadwinner. With Hashem's help, along with the wonderful Chevra here I will succeed in breaking free permanently of my current struggles too.

Another point I'd like to make is that for the bulk of the 17 days Iv'e been clean my wife & I have been mutar to each-other. Some may say that's a crutch and therefore my current clean streak is not really a sign of progress. However I noticed a remarkable difference in a different way. Because in the past even if being mutar to each-other helped me to not act out for a week or 2 I nevertheless struggled a nightly basis with hirhurim/ fantasies. In other words, the lust was there but it simply had a mutar outlet. But in the last 17 days Iv'e B"H been able to go to sleep at night for the most part with a clear mind and without lusting. To me that's a HUGE difference and I like to think it's a real sign of progress.

I'm still trying to work out what has affected this change. So far I haven't really used any tools besides the forum and Chizuk emails.

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Re: Ben Torah's 90 day journey and beyond

Posted by Shlomo24 - 21 Jan 2016 17:42

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[cordnoy wrote:](#)

[Workingguy wrote:](#)

[cordnoy wrote:](#)

[stillgoing wrote:](#)

[Workingguy wrote:](#)

Seriously, when I'm after the spare ribs sometimes I don't even notice the women. Not sure if that's a good thing.

The first women was made from a spare rib...

That's a good line.

All of mine were censored.

Aren't you a moderator? Can't you just slip you lines in!

Yes

I can

Wise mind censors the addict part.

Humpf, I wish I had that.

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Re: Ben Torah's 90 day journey and beyond  
Posted by Shlomo24 - 21 Jan 2016 17:43

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I had to google translate all that latin...

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Re: Ben Torah's 90 day journey and beyond  
Posted by stillgoing - 21 Jan 2016 19:34

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[cordnoy wrote:](#)

[Gevura Shebyesod wrote:](#)

Quis custodiet ipsos custodes?

Deus scit

Si me vigilem, miserere nostri Deus omnium!

Based on what I learned from the depressed persons chill spot, the above loosely means

**Gevura asks:**

Who watches the watchers?

That was probably in reference to Cordnoy sayin that as a moderator, he also gets censored.

**Cordnoy answers**

God knows

If I was awake, have mercy on us, O God of all!

I can only guess that Cordnoy was drinking a little woodford while he gave that answer. Either that, or my Latin is getting rusty.

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Re: Ben Torah's 90 day journey and beyond

Posted by stillgoing - 21 Jan 2016 19:37

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Re: Ben Torah's 90 day journey and beyond

Posted by Gevura Shebyesod - 21 Jan 2016 19:59

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[stillgoing wrote:](#)

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Is that what you say while you behead the roaches?

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Re: Ben Torah's 90 day journey and beyond

Posted by cordnoy - 21 Jan 2016 20:13

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[Shlomo24 wrote:](#)

[cordnoy wrote:](#)

[Workingguy wrote:](#)

[cordnoy wrote:](#)

[stillgoing wrote:](#)

[Workingguy wrote:](#)

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Yes

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Humpf, I wish I had that.

He comes and goes.

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Re: Ben Torah's 90 day journey and beyond  
Posted by cordnoy - 21 Jan 2016 20:14

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[stillgoing wrote:](#)

[cordnoy wrote:](#)

[Gevura Shebyesod wrote:](#)

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I can only guess that Cordnoy was drinking a little woodford while he gave that answer. Either that, or my Latin is getting rusty.

Rusty.....

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Re: Ben Torah's 90 day journey and beyond  
Posted by cordnoy - 21 Jan 2016 20:20

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[stillgoing wrote:](#)

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cordnoy ?? ???????? ????????

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Re: Ben Torah's 90 day journey and beyond  
Posted by stillgoing - 21 Jan 2016 20:20

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Re: Ben Torah's 90 day journey and beyond  
Posted by stillgoing - 21 Jan 2016 20:22

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[cordnoy wrote:](#)

[stillgoing wrote:](#)

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cordnoy ?? ????????? ?????????

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Re: Ben Torah's 90 day journey and beyond  
Posted by Bigmoish - 21 Jan 2016 20:28

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I could've sworn this was the English site. Maybe I've been drinkin' too much Woodford...

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Re: Ben Torah's 90 day journey and beyond  
Posted by stillgoing - 21 Jan 2016 20:37

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[Bigmoish wrote:](#)



I could've sworn this was the English site. Maybe I've been drinkin' too much Woodford...

Sorry for hijacking your thread Ben, Hows the journey going?

**Warning: Spoiler!**

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Re: Ben Torah's 90 day journey and beyond  
Posted by BenTorah.BaalHabayis - 22 Jan 2016 04:10

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[stillgoing wrote:](#)

[Bigmoish wrote:](#)

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Sorry for hijacking your thread Ben, Hows the journey going?

**Warning: Spoiler!**

Going well, thanks for asking! Just made it to day 50!

Thank God for this cold weather. The nisyonos on the street are considerably mitigated...

I pasted what you wrote into Google Translate, but I had it set to translate to Hebrew. This is what I got:

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Re: Ben Torah's 90 day journey and beyond

Posted by markz - 22 Jan 2016 04:31

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[BenTorah.BaalHabayis wrote:](#)

[stillgoing wrote:](#)

[Bigmoish wrote:](#)

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Sorry for hijacking your thread Ben, Hows the journey going?

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I think some guys caught a flight to Saudia Arabia to beat the blizzard

But I'm worried the cold is getting to their heads, cos when I was younger the humor section used to rock at night, not in the day. Now they're drinking anything on the rocks to keep warm, which has side effects of jokin' in the middle of the day ????? and they can't even talk normal English - kaput

My friend BBBH how time flies, it was only like yesterday when you joined, and I'm impressed to see how well you're Trucking! Terrific!!

Care to share what tools have gained you success please?

All the best!

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