

Here goes

Posted by Yeshuashashem - 29 May 2016 03:47

Please daven for me that I make it thru the full 90. Any Chizuk is appreciated.

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Re: Here goes

Posted by inastruggle - 29 May 2016 03:53

Welcome to gye!

Congrats on your first post.

I try to daven for everyone on gye.

Davening is not enough though. You need a plan. Tell us a bit about yourself and your struggles so you can get some of the great advice that's available here.

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Re: Here goes

Posted by Aryeh821 - 29 May 2016 03:54

Welcome hatzlacha

Tell us about yourself

what if anything have you tried before

you have a plan for the 90 days or are you just planning on riding it out ?

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Re: Here goes

Posted by markz - 29 May 2016 04:02

[Yeshuashashem wrote:](#)

Please daven for me that I make it thru the full 90. Any Chizuk is appreciated.

Welcome!!

what about after 90

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Re: Here goes

Posted by Yeshuashashem - 30 May 2016 10:50

Thank you! Not much to say, I've been struggling for as long as I can remember. I'm just hoping I can find a way to finally beat this thing once and for all.

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Re: Here goes

Posted by markz - 30 May 2016 12:55

[Yeshuashashem wrote on 30 May 2016 10:50:](#)

Thank you! Not much to say, I've been struggling for as long as I can remember. I'm just hoping I can find a way to finally beat this thing once and for all.

The way I found success was by giving up on beating anything

Hey actually Dov talks about the topic

click on this link

[do NOT *Beat* the Y"H - We Surrender](#)

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Re: Here goes

Posted by inastruggle - 31 May 2016 02:39

I hope to avoid an argument here but Dov said that about addicts (look at the blue words in the link).

For normal people beating the yetzer is a perfectly fine way to look at it.

So yeshuas, what are you doing now to stay clean? Filters? Accountabilitiy software? Gedarim? What will you do when the urge strikes you hard? (hint: come here and post and chat). Why do you want to stop anyway?

Now's the time to think about it and plan. Once the urge hits yo're already on the defensive. Be proactive.

Keep on posting!

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Re: Here goes

Posted by markz - 31 May 2016 02:47

Ina I hope to avoid an argument here, but is your beating plan truly working for you?

(and this is coming from someone like me that;

1- doesn't consider himself an addict

2- doesn't have open unrestricted internet

3- talks in 3rd person)

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Re: Here goes

Posted by inastruggle - 31 May 2016 03:15

I believe it is. Definitely at least as well as the people I know who've surrendered.

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Re: Here goes

Posted by Yeshuashashem - 31 May 2016 13:09

I had a fall.

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Re: Here goes

Posted by inastruggle - 31 May 2016 23:33

Maybe there was something wrong with your plan?

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Re: Here goes

Posted by Yeshuashashem - 05 Jun 2016 23:46

Ok. Five days clean. Not bad. I kinda changed my focus for now. I'm going to put the 90 days on hold and just focus on getting to shavuas clean. After that we will see what the next step is.

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Re: Here goes

Posted by markz - 06 Jun 2016 00:00

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Re: Here goes

Posted by Gevura Shebyesod - 06 Jun 2016 01:15

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Re: Here goes

Posted by markz - 06 Jun 2016 01:19

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