

Ouch

Posted by second chance - 14 Jun 2016 23:29

So i started out on a 90 day journey 4 days ago. I set up a taphsic fence. Originally i only wanted to do it for a month but since i was so eager to set it up a d have been wanting to do so for about 3, i didnt read thoroughly through the nusach of the shevuah and just ended up repeating the nusach on the site which made me make it for 3 months in a row. So now im at the bottom of this huge mountain without being able to watch porn, get an erection, look at woman, etc. And it is soooo hard and soo painful that i almost have tears in my eyes and I'm withering from pain. I know its a healing pain but it still painful. Any help please???

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Re: Ouch

Posted by markz - 14 Jun 2016 23:42

It's painful and may stay like that for a long time, unless...

guardyoureyes.com/forum/1-Break-Free/285397-help#290068

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Re: Ouch

Posted by cordnoy - 14 Jun 2017 01:04

[second chance wrote on 14 Jun 2016 23:29:](#)

So i started out on a 90 day journey 4 days ago. I set up a taphsic fence. Originally i only wanted to do it for a month but since i was so eager to set it up a d have been wanting to do so for about 3, i didnt read thoroughly through the nusach of the shevuah and just ended up repeating the nusach on the site which made me make it for 3 months in a row. So now im at the bottom of this huge mountain without being able to watch porn, get an erection, look at woman, etc. And it is soooo hard and soo painful that i almost have tears in my eyes and I'm withering from pain. I know its a healing pain but it still painful. Any help please???

Happy anniversary

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Re: Ouch

Posted by dms1234 - 15 Jun 2017 23:10

I'm confused. So after 3 months you can just watch porn and do all that stuff again? Its just a brief 3 month hiatus. Thats the goal??

I want to quit forever but i cant. Thats way too long but I want to quit for today. All I can concentrate is today. On being sober today. Today I make a decision to be sober today: to call other addicts, to call my sponsor, to work the steps and I hopefully God will give me the gift of sobriety.

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Re: Ouch

Posted by Hashem Help Me - 16 Jun 2017 02:43

You are experiencing normal withdrawal. Those first two weeks of recovery by me were horrible. I didn't just have tears in my eyes. I cried in such pain. My body needed the erections, the release. But BH with the help of the oilam here and other GYE strategies, we pulled through. In reality, its all bluff. You don't NEED the release. If you would like, we could speak or email/chat. May Hashem give you the koach and menuchas hanefesh to prevail.

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Re: Ouch

Posted by tattysjunk - 16 Jun 2017 15:23

I feel you pain.

BUT!

The feeling of being a good man and overcoming your bad midos is much better then.....

Also think about the great feeling and connection with hasham that you will have this rosh hashana.

Lots of hatzlacha!!

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Re: Ouch

Posted by GrowStrong - 16 Jun 2017 15:44

Guys

this is a year old thread that cords bumped presumably because he made it to a year

Shabbat shalom!

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Re: Ouch

Posted by cordnoy - 16 Jun 2017 15:51

[GrowStrong wrote on 16 Jun 2017 15:44:](#)

Guys

this is a year old thread that cords bumped presumably because he made it to a year

Shabbat shalom!

Party pooper!

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Re: Ouch

Posted by dms1234 - 16 Jun 2017 20:58

Warning: Spoiler!

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