

It's finally the time!

Posted by proudchabadnick - 12 Jul 2016 04:01

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Ok guys, I introduced myself on the Introduce Yourself forum so you can check me out there.

The subject is This will not define me or click [guardyoureyes.com/forum/19-Introduce-Yourself/290232-Re-This-will-NOT-define-me!?limit=15&start=15#291773](http://guardyoureyes.com/forum/19-Introduce-Yourself/290232-Re-This-will-NOT-define-me!?limit=15&start=15#291773).

I'm holding Day #5 on my journey, and as someone once said "every journey begins with one step". I know that even if I do hit 90 days I won't be cured; I will have to continue to be on guard.

I'm using the Taphsic method, and so far seeing some success with it.

I want to give myself one last serious try before I declare myslef an addict.

See you in 90 days!!

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Re: It's finally the time!

Posted by doingtshuva - 12 Jul 2016 08:44

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[proudchabadnick wrote on 12 Jul 2016 04:01:](#)

I want to give myself one last serious try before I declare myself an addict.

You should try and continue to try to break free and even look for new tools if things don't get better.

Don't be scared to be declared as an addict. Calling or not calling yourself an addict is not what's going to help you.

best wishes and keep being **proud** of yourself

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Re: It's finally the time!

Posted by proudchabadnick - 13 Jul 2016 02:40

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Day #6: Bh still clean.

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Re: It's finally the time!

Posted by Chazak1 - 14 Jul 2016 02:31

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Hey thanks for posting. I'm starting over and I'm at day 5. Looking forward to the excitement of another successful day tomorrow!

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Re: It's finally the time!

Posted by proudchabadnick - 15 Jul 2016 05:44

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Day #7: I almost fell through today. I was online watching some bad stuff and I ran to the bathroom to masturbate, but I held myself back at the last moment. I thought to myself "I can't do this. I'm on the way to 90 days!" B"H I was able to stop.

Day #8: Today wasn't that difficult. I used to have to masturbate to fall asleep (I'm a terrible insomniac), but I haven't had to during the past few days. I decided that I was getting too much sleep, so I'm sleeping 5 1/2 to 6 hours a night. This helps, and so far most nights I am able to fall asleep within a half an hour.

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Re: It's finally the time!

Posted by Chazak1 - 16 Jul 2016 16:55

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Way to go! I'm day 8 today. It's going to keep getting better.

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Re: It's finally the time!

Posted by proudchabadnick - 25 Jul 2016 00:58

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Haven't posted for a week.

I got to day #8 and fell through. After that, I just gave up for a few days. But now B"H I'm motivated and holding day #1.

I'm also exploring SA and the 12 Steps. If anyone has any advice or suggestions, please give a shout.

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Re: It's finally the time!

Posted by willandtonya - 25 Jul 2016 02:11

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I read in one of the Chizuk emails of someone saying "it was good" that they failed. It caused them to re-evaluate themselves. This is an important part of the process. From what the sages have written, we are in a sense, in a great spiritual place. We can become greater than a tzadik in overcoming this. Be encouraged friend, Hashem has great plans for your, and know that we are all rooting for you.

May Hashem strengthen you on your journey!!!!

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