

Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by Ano Nymous - 21 Nov 2009 23:43

Hi Guys,

I have (stupidly) neglected this forum because I was simply overwhelmed by the amount of new material on here on a consistent basis. I started my 90 day trip last year on November 20th, and I'm doing the same this year. I've set up my cell phone in such a way that I will be able to send and receive calls for free so I can call my partner and call the phone conferences for free.

Today, Shabbos, was day 2. Let the chizuk flow, because this will NOT be easy. I'm reaching for a new plateau compared to last year. I fully believe that when faced head on with temptation, I am completely powerless. I become a shell of myself, completely out of control. I know though, that if I never give up and I take the right steps, I will win the war despite the lost battles. Signing off,

Ano

=====
=====

Re: Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by imtrying25 - 10 Jan 2010 12:40

[Ano Nymous wrote on 10 Jan 2010 06:28:](#)

:D

;D

:-*

=====

=====

Re: Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by imtrying25 - 10 Jan 2010 12:42

[habaletaher wrote on 10 Jan 2010 07:57:](#)

IM25, U r officially nutsorino!!!

You stole that post right out of my brain! Glad to hear you had a good flight Ano, and have a Gut Voch!

=====

=====

Re: Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by Ano Nymous - 15 Jan 2010 07:41

Hi guys!

Despite my lack of posting, I'm here just as much as ever. I read just about every post, and they all give me tremendous chizuk. I'm not counting the days now, but I know that I've passed two weeks clean. I am being very careful with my thoughts, not just my actions. I'm determined to

remain clean during shovavim, and from there I'll work towards 90 days again. When I feel tempted and weak, I realize that it's just my addiction (or my animal side) talking, and I use the advice from the "10 keys" book (from no-porn) and just say to it "I NEVER watch porn or masturbate NOW." It is very simple, yet very powerful. I am also in consistent contact with many people from this forum, so I don't feel like I'm alone even though I don't really have anyone here to talk to in person. You guys are all awesome (and you girls too, if you're still reading this)!!
KOP *25 GUE points* :D

=====

Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by habaletaher - 15 Jan 2010 10:05

Ano,

We've been missing our vegan seal! But I'm so glad to hear that you're doin well! Keep it up!

To ?????? and beyond!!!

=====

Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by the.guard - 16 Jan 2010 19:22

ano is awesome

=====

Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by Ano Nymous - 17 Jan 2010 19:54

Gosh, the last couple of days have been really tough. Right now, I'm feeling like I will die if I don't act out. It's literally pounding in my head...

I hope I can hold out, because I just want soooo badly not to have this test. Why me, God, why

me???? :(:(

=====
=====

Re: Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by Ineedhelp!! - 17 Jan 2010 20:43

[Ano Nymous wrote on 17 Jan 2010 19:54:](#)

Gosh, the last couple of days have been really tough. Right now, I'm feeling like I will die if I don't act out. It's literally pounding in my head...

I hope I can hold out, because I just want soooo badly not to have this test. Why me, God, why me???? :(:(

Hey Ano,

Stick with it. You say "why me??" I wont try to answer for Hashem but if you want a plausible answer here it is: "BECAUSE YOU CAN!"

I daven for you that you get better.

-Yiddle

=====
=====

Re: Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by Ano Nymous - 19 Jan 2010 08:04

I was really hoping to get a really nice streak going, but I fell short at only close to three weeks. The most disappointing part of this is that I don't know what went wrong; I wasn't feeling any RID, and I didn't do anything to set it off. I just flipped out and went into "crazy" mode. I'm disappointed. Oh well, time to start again and see if I can do a better job... Well I feel better, and worse, because I fell

=====

=====

Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by silentbattle - 19 Jan 2010 15:24

You're already up again - glad to hear it!

Sometimes things happen...the question is, can you make a Plan B for "crazy mode?" As in, an emergency plan that you've thought through for when you feel like that?

=====

=====

Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by the.guard - 19 Jan 2010 18:28

Falls happen to addicts... but the beautiful thing is that you have learned not to let it get you down and fall back into the addictive pattern. And that is the most important thing. KUTGW!

=====

=====

Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by Steve - 19 Jan 2010 19:21

Ano, I love your attitude, man... Just Keep on trucking.

Fall, Shmall, you are a winner everytime you dust yourself off & get right back on yo hoss.

And remember, you didn't LOSE those 3 weeks, you GAINED them!! 21 days of CLEANLINESS!! STRAIGHT!! WOWIEE!! And now you are searching inside yourself for answers, instead of getting swallowed by self pity - UNBELIEVABLE. Did you look recently where you came from? Remember your days BEFORE GYE? :o You are NOT the Ano who first came here, you are GREATER and STRONGER than you could ever of imagined back

Stay strong, and have an AWESOME rest of the day!! :D :D :D ** GIANT ;D** **endorphins leaking out you ears**

=====

=====

Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
then
Posted by Ineedhelp!! - 19 Jan 2010 20:59

Ano,

Your attitude immediately after the fall is very honorary. It takes a man to admit his fall, it takes a

-Yiddle

=====

=====

Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by imtrying25 - 21 Jan 2010 23:09

Hey ano whats going on?? havent heard from you in ages. are you still on vacation or back to school??

=====

=====

Re: Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by Gabe - 22 Jan 2010 00:21

[Ano Nymous wrote on 15 Jan 2010 07:41:](#)

Hi guys!

Despite my lack of posting, I'm here just as much as ever. I read just about every post, and they all give me tremendous chizuk. I'm not counting the days now, but I know that I've passed two weeks clean. I am being very careful with my thoughts, not just my actions. I'm determined to remain clean during shovavim, and from there I'll work towards 90 days again. When I feel tempted and weak, I realize that it's just my addiction (or my animal side) talking, and I use the advice from the "10 keys" book (from no-porn) and just say to it "I NEVER watch porn or masturbate NOW." It is very simple, yet very powerful. I am also in consistent contact with many people from this forum, so I don't feel like I'm alone even though I don't really have anyone here to talk to in person. You guys are all awesome (and you girls too, if you're still reading this)!!
KOP *25 GUE points* :D

How good is the 10-keys book!!

I was so happy when I saw this post in today's chizuk email. I thought that no one had bothered to read it but now I see that others are benefiting from it.

All the best, Ano.

=====
=====