

alwayzdavening's 90 day journey ????? ??

Posted by alwayzdavening - 12 Dec 2016 02:52

I started my journey today. I never really struggled with looking at girls, but I struggle with masturbation. I have struggled with it since I was 14 years old, and now I am 16. I wrote up a shtar for the TaPHSiC method today, and I joined the 90 day program. I hope that with Hashem's help I can break free

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Re: alwayzdavening's 90 day journey ????? ??

Posted by Yosef Tikun HaYesod - 12 Dec 2016 13:20

With HaShem's help, you can do anything!

Do not get depressed and do not give up...that I can tell you from experience.

I was advised to get rid of all videos and streaming videos.

The less images you are exposed to, the better...and easier it will be to break free.

I am trying this myself. And yes, it is VERY VERY difficult, since it's such a "go to" habit.

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Re: alwayzdavening's 90 day journey ????? ??

Posted by Singularity - 12 Dec 2016 13:23

Hatzlocha! The first step is a bold step!

So masturbation alone? If you don't look at girls then what triggers the act?

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Re: alwayzdavening's 90 day journey ????? ??

Posted by Markz - 12 Dec 2016 14:17

[alwayzdavening wrote on 12 Dec 2016 02:52:](#)

I started my journey today. I never really struggled with looking at girls, but I struggle with masturbation. I have struggled with it since I was 14 years old, and now I am 16. I wrote up a shtar for the TaPHSiC method today, and I joined the 90 day program. I hope that with Hashem's help I can break free

Welcome AD.

Please checkout the Trucking [Story](#) found in the 'spoiler' button below. It may be interesting and eye-opening here on guard-your-eyes

Hatzlacha

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Re: alwayzdavening's 90 day journey ????? ??
Posted by Shteeble - 12 Dec 2016 14:35

Welcome to GYE.

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Re: alwayzdavening's 90 day journey ????? ??
Posted by alwayzdavening - 13 Dec 2016 02:30

[Singularity wrote on 12 Dec 2016 13:23:](#)

So masturbation alone? If you don't look at girls then what triggers the act?

What triggers it? I think it's because I get "spontaneous erections" and and I find it hard to control myself. I masturbate because the climax and leading up to the climax feels good.

It's especially hard in the shower where I don't have to worry about cleanup, and I have the use of soap which makes leading up to climax feel even better.

I am hopeful that the TaPHSiC method will help.

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Re: alwaysdavening's 90 day journey ????? ??
Posted by alwaysdavening - 13 Dec 2016 03:51

[Singularity wrote on 12 Dec 2016 13:23:](#)

Hatzlocha! The first step is a bold step!

So masturbation alone? If you don't look at girls then what triggers the act?

What triggers it? It's really just the feeling that I get while climaxing, also I get "spontaneous erections" and if i'm in private it's hard to resist. I don't really think of anything while masturbating.

However, after I do it I feel very guilty about it and I promise never to do it again. I abstain between a day to a week and then I do it again. It's a vicious cycle.

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Re: alwaysdavening's 90 day journey ????? ??
Posted by Singularity - 13 Dec 2016 08:59

That it is, brother.

Just gotta ride this twister to the top, and make sure you at least have a hang-glider when you get there!

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Re: alwaysdavening's 90 day journey ????? ??
Posted by Spike Ed - 13 Dec 2016 16:55

I also recently started so im right here with ya, good luck, keep us posted!

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Re: alwaysdavening's 90 day journey ????? ??
Posted by alwaysdavening - 14 Dec 2016 02:15

I reached level two today!

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Re: alwaysdavening's 90 day journey ????? ??
Posted by Singularity - 14 Dec 2016 07:32

Mazeltoiv! If you ever played ghosts n goblins on the NES, you'll know that getting to level 2 is quite a feat indeed!

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Re: alwaysdavening's 90 day journey ????? ??
Posted by alwaysdavening - 14 Dec 2016 22:30

Way before my time - it came out 15 years before I was born!

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Re: alwaysdavening's 90 day journey ?????? ??
Posted by Spike Ed - 18 Dec 2016 19:35

nice reference singularity and great accomplishment alwaysdavening, im also on my personal long streak right now and trying to keep it up, so you keep it up to, rooting for you along with myself!

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Re: alwaysdavening's 90 day journey ?????? ??
Posted by alwaysdavening - 18 Dec 2016 20:01

Level 3!!

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Re: alwaysdavening's 90 day journey ?????? ??
Posted by will Succeed Beh - 18 Dec 2016 21:08

Mazel Tov!

Keep up, and keep us posted (helps a lot)

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