

First day

Posted by Hope4debetter - 21 Aug 2017 22:39

I'm starting now my 90 days, I have marked today as first clean day although it was not a full clean day. That is because there was no option to make the first day tomorrow (Aug. 22). I think I'll have to work with "miktzas hayom k'kuloi" for my first day, because if I don't start now I don't know if I'll ever start. What do you guys think?

BTW, I'm new to this, I started to do the checklist on my personal page 3 weeks ago and I want to start 90 days now.

Thank you

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Re: First day

Posted by Markz - 21 Aug 2017 22:51

Welcome brother ;-)

What do I think?

Come back here in 24hr and we'll take it from there

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Re: First day

Posted by Hope4debetter - 22 Aug 2017 21:05

Hi, I'm back b"h, it's almost 24 hours.

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Re: First day

Posted by Markz - 22 Aug 2017 21:13

Cool!

So apparently you installed filters already (and didn't break them) right?

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Re: First day

Posted by Hope4debetter - 22 Aug 2017 21:49

Actually didn't yet, I just didn't use my smartphone cuz the month ran out. I promised myself that I won't pay for another month before I install a good filter (thru sinun).

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Re: First day

Posted by Hope4debetter - 22 Aug 2017 22:42

I'm now on my work computer and I don't have access to any wifi.

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Re: First day

Posted by Markz - 22 Aug 2017 23:43

[Hope4debetter wrote on 22 Aug 2017 22:42:](#)

I'm now on my work computer and I don't have access to any wifi.

And if you had wifi... ?

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Re: First day

Posted by Hope4debetter - 23 Aug 2017 16:54

If I had i would act out again most probably. Now I need to go a long way to get wifi and I only want to do that when I'm ready to put on filter right away and have some kind of support meanwhile to assure that I don't stumble those few minutes.

BTW, according to what I have read here (guardyoureyes.com/articles/addiction-recovery/item/understanding-triggers-in-pornography-recovery?category_id=528) I also need to focus on my main triggers, which are my struggles in everyday life (not related to any sexual exposure) and my Complex-PTSD. For instance: now on the moment I am going through a hard time with some people (the emotional flashback I'm experiencing makes it way more tougher to survive, see www.pete-walker.com for a better understanding of emotional fglashbacks and Coplex-PTSD, it's so much different than PTSD and people confuse those 2) and I B"h have some tools to manage those so I'm less tempted to act out. I still have the temptation to do it and not even with my smartphone. There's enough ways to do it when I feel the huge need to escape and I wouldn't necessarily need a connection to internet for that.

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Re: First day

Posted by Markz - 23 Aug 2017 17:43

[Hope4debetter wrote on 23 Aug 2017 16:54:](#)

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Sounds like you're on a roll

KEEP ON TRUCKING!!!

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Re: First day

Posted by Hope4debetter - 23 Aug 2017 17:46

[Markz wrote on 23 Aug 2017 17:43:](#)

Sounds like you're on a roll

KEEP ON TRUCKING!!!

Thank you brother!!!!

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Re: First day

Posted by dms1234 - 23 Aug 2017 20:23

A therapist sounds like a great idea!

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