

Dmaot's Progress

Posted by Dmaot - 05 Sep 2017 09:01

Dear brothers, I am writing this on my day 36 of sobriety and freedom from PMO. I am now 27yo, been struggling with PMO since i was 11. I have had freedom streaks for months and even years at a time but have had my share of defeats as well.

Now I am focused, disciplined, faithful, happy and relaxed. I have set my eyes on the goal of achieving a life of freedom one day at a time with the help of G-d. I have designed a system that keeps me engaged in useful and positive activities. I will set myself to never again see p or do m. And bezrat Hashem I will be successful.

Here is to a life of freedom in G-d.

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Re: Dmaot's Progress

Posted by Hashem Help Me - 06 Sep 2017 04:04

Welcome. You should have hatzlocha. Maybe you could share the strategies that have helped you when the urge arises.

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