

Bgit's Path Round #2

Posted by bgit - 17 Sep 2017 02:34

Day #1

After getting through 23 days I had a fall on my [last](#) challenge of making it 40 days until Yom Kippur I had a fall. I've decided to try again with some small differences which I hope will make things a little better.

First, I'm going to try and make it to Yom Kippur again, which is two weeks away. I made it 14 days last time (for the first time ever) and believe that I can do it again. I think that 40 days (and for sure 90) is too much for me at this point. Afterwards we'll see how I'm doing.

Second, I'm going to put more emphasis on exercising. Last time I got burnt out from the stress, and I didn't have masturbation to relieve it. I believe that if I would have had a way to deal with this, I wouldn't have fallen.

Third, I'm going to try and get more sleep. I noticed that when I don't get enough sleep I feel frazzled and it makes it much harder for me.

That's all for the new intro. See everyone on day 2!

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Re: Bgit's Path Round #2

Posted by bgit - 03 Dec 2017 20:31

Day #35

I'm at five weeks. B'h I've been clean and still feel good about this. It's interesting to me that my fall from a few days ago wasn't nearly as bad as it has been in the past. Before, after I would fall, that would be it. Here, there were still boundaries that weren't crossed (watching

pornography) which made the "give up everything" time much quicker to pass by.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 05 Dec 2017 12:30

Day #36

B"h things are going well. Today I was looking at some stuff that I shouldn't have been looking at (not porn) which, for me, always means that it will end up going to masturbation. Hashem helped me to stop though and to realize that I don't NEED to masturbate even if it felt that way. B"h I was able to stop without anything happening.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 05 Dec 2017 23:21

Day #37

B"h today was pretty easy. ly"h it should continue.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 06 Dec 2017 23:26

Day #38

B"h things were good today. Not much to report.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 08 Dec 2017 02:27

Day #39

Things are going well again. Last night I started looking at some stuff that I shouldn't have, and I was able to stop be"h. I've been completely clean for a week and clean from porn for almost six weeks. I would have never thought that this was possible for me.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by Hashem Help Me - 08 Dec 2017 02:37

Keep up the incredible posts. They are transparent (honest), frequent, and very positive.

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Re: Bgit's Path Round #2
Posted by bgit - 10 Dec 2017 03:11

Day #41

Friday and Shabbos were good, thankfully. I'm almost halfway to my goal of not watching any porn for ninety days. Also, I've been almost a week and a half without masturbation with very few struggles. While I still need a lot of work, I think that at this point I can see a little bit what life is like for someone who doesn't struggle with this and how it can be that someone just doesn't care for it or need it at all. Life is so much calmer and clearer, even with my small improvements that once I'm over this (as much as is possible) I can't imagine what it would be like.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 10 Dec 2017 20:38

Day #42

I finished six weeks! B"h today is going well.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 12 Dec 2017 02:05

Day #43

I've been pretty busy lately with some stuff that I've gotten involved with which has really given me more of a purpose and has helped immensely in this struggle. Not watching porn has really enabled me to get involved in things outside of myself and getting involved in other projects with other people makes it tremendously easier not to watch porn and masturbate. I haven't masturbated in almost two weeks and have barely noticed it.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 13 Dec 2017 02:43

Day #44

I'm still going pretty strong. B"h no news today.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by LoveU,Hashem - 13 Dec 2017 22:52

I was also able to have a glimpse of what life looks like absent porn, it looks amazing indeed.

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Re: Bgit's Path Round #2
Posted by bgit - 13 Dec 2017 23:12

Day #45

I'm half way there! I've also been clean from masturbation for almost two weeks!

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 14 Dec 2017 20:28

Day #46

I'm in the second half. I also am clean from any falls including masturbation for two weeks. It's really exciting for me!

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by tzaddik212 - 14 Dec 2017 20:54

For me, as i am approaching day #90, it is not anymore a goal of days, my goal is every day, to have that day clean. and every day that i have clean it is a treasure of Netzach. But on the other hand having a continuous of days, with no day missing days in between, is much more a far more greater, then having some falls in between. we all know the Vort of reb Chaim Schmulevitz, that Reb akiva did not enter his home to see his wife, when he heard from outside, that his wie told her neighbor, that if my husband would hear, he would learn another 12 years

torah, so reb Akiva turned himself around and went back to his learning. and Reb Chaim asked, that if he came already close to his house, even if he wants to go back right away, he could have said hello to his wife, and Reb Chaim Answered that, 12 plus 12 is not full 24. which means that learning 24 years without interruption, is far more greater then learning 12 plus 12 years with a small interruption in between, anyways guys have lechtige Chanukah.

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