

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 Markz - 25 Apr 2018 02:22

[bgit wrote on 25 Apr 2018 01:00:](#)

Things got a little crazy with Yom Tov and I forgot to update it, but I made I completed my two weeks! My goal now is to make it for three weeks without seeking out anything sexually stimulating, no masturbating to any imagery. I commit to posting once a week and if I have a fall I will post it within twenty four hours. ly"h I will make it from today!

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Re: Bgit's Path Round #2
Posted by bgit - 08 May 2018 02:20

Due to some unfortunate circumstances I was home alone for a long time and I had a fall unfortunately. I'm back on now though and same rules apply. To keep myself a little more accountable, if I have a fall (according to the standards on this thread) I pledge bl'n to give \$5 of extra money to tzedaka. I'm going to make three weeks!

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Re: Bgit's Path Round #2
Posted by bgit - 28 May 2018 02:03

Day #21

I've been pretty bad about posting, but b"h I made it for twenty one days! I definitely had some slips but I still did it! I want to continue this for another weeks, so same rules apply for the next week.

See everyone then!

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Re: Bgit's Path Round #2
Posted by bgit - 13 Jul 2018 23:56

B"h I managed to complete the month. I've had some slip ups since then so I would like to continue this since it really helped me out. I'm going to keep the same rules as before, which is basically no masturbating to any imagery but I'm going to add on one thing which will make it a little harder. It's also considered a fall if I masturbate (even while not looking at anything) if I don't set a timer for 12 hours prior. Meaning, if I want to masturbate I need to set a timer (probably on my phone or computer) which will count to 12 hours.and only then will it not be

considered a fall. Hopefully I'll be better about posting also!

See everyone next week!

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Re: Bgit's Path Round #2

Posted by Hashem Help Me - 16 Jul 2018 19:09

Welcome back!

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Re: Bgit's Path Round #2

Posted by bgit - 20 Jul 2018 22:44

Day #7

B"h all was good this week. No masturbation at all. The delaying tactic actually helps a ton, so far I've been too lazy to even set up a timer since I'm not getting anything now anyway.

See everyone next week!

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Re: Bgit's Path Round #2

Posted by bgit - 06 Aug 2018 13:34

I had a fall the other day but I did make some progress. I'm going to try and keep this going again with today being day #1.

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