

I hope, I want, I will

Posted by Issac - 09 Jan 2019 04:00

---

Hi, I've been struggling for a while and just decided to commit to the 90 day challenge. I'm a little unsure of myself because i feel like I've tried to stop so many times. But, looking at so many guys here who have failed and then succeeded really got me to try this.

So the challenge is on!

I bl'n will commit to reporting here at least every other day briefly how it's going.

Every one I've met has been so nice and supportive so far i hope to be able to return the favor:smiley:

=====

=====

Re: I hope, I want, I will

Posted by Hashem Help Me - 09 Jan 2019 04:24

---

Welcome. It should be with hatzlocha!

=====

=====

Re: I hope, I want, I will

Posted by Thistimeillwin - 09 Jan 2019 10:32

---

Go for it!! Reporting here is really a motivator. We're all cheering you on!!

=====

=====

Re: I hope, I want, I will

Posted by Issac - 10 Jan 2019 04:44

---

I hoped, I slipped, but still chugging

I think that's a bit more realistic.

I didn't make it past day one.

I think I eliminated one venue that tripped me up. But I find it so hard when I'm just overall down on myself. Sometimes I'm just really not interested in fighting and very ready to just tune out with distractions and then lust. This self control zach is really not pashut.

going forward I'm going to focus on smaller narrower things I can do and hopefully we'll get better at weathering stormy weather. Bl'n will keep on updating chart and posting.

Wow it feels great just to share this. Shkoyach everybody

=====  
=====

Re: I hope, I want, I will

Posted by Thistimeillwin - 10 Jan 2019 10:31

---

Whatever you do, keep posting, and we will all stand behind you. It's 'not pashut' like you said, but we're here for complex strategies.

??? ??????? ????? ?? ??????? ????? ????? (???? ??, ??)

=====  
=====

Re: I hope, I want, I will

Posted by Dave M - 10 Jan 2019 14:35

---

You can do it Issac. All beginnings are hard.

=====  
=====

Re: I hope, I want, I will

Posted by Issac - 10 Jan 2019 17:26

---

It's ok if you're going downhill as long as you're still holding the wheel

Day 2 - B"h great. After falling i wasn't sure about what to fix. I felt that anything wouldn't be enough. So, i decided to pick one or two small things that I can do today and b"h i feel in control. It's great!

1) I will bl"n print out part of gye hand book and read a bit before I get online

2)I had a number on my phone that allows you to listen to the radio. I realized that a)I was sometimes trying to get triggered from bad music b) I was it using at night in bed and keeping myself awake wasting time and boredom leads to bad thoughts

Good news - I deleted the number from my contacts and recent calls

3)I use a kosher computer office but got around parts of the filter and I somehow convinced myself that no one saw my screen.

Mekabel - Only use one of the main very visible computers and remember: Do you really want the frum guy next do you to find out what you're doing?

(not so sure about this situation but I think it's ok for now. If anybody thinks it's not safe let me know. shkoyach)

=====

=====

Re: I hope, I want, I will

Posted by Hashem Help Me - 11 Jan 2019 03:23

---

Excellent! You sound like one serious honest fellow!

=====

=====

Re: I hope, I want, I will

Posted by ColinColin - 12 Jan 2019 20:16

---

Most offices have an IT guy who knows exactly who has looked at what and on what computer.

This IT guy need not even be in the office, he can check things over the internet from another country if need be!

=====

=====

Re: I hope, I want, I will

Posted by Issac - 14 Jan 2019 23:32

---

Day 5. B"h still clean. The initial excitement wore off a bit and I feel a little down but not really because of this(I think). But I'm trying to find other healthier outlets to do.

I really should go the gym I have membership but L'choirah i also need to use it

=====

=====

Re: I hope, I want, I will

Posted by Markz - 15 Jan 2019 03:10

---

[Issac wrote on 14 Jan 2019 23:32:](#)

Day 5. B"h still clean. The initial excitement wore off a bit and I feel a little down but not really because of this(I think). But I'm trying to find other healthier outlets to do.

I really should go the gym I have membership but L'choirah i also need to use it

Dee mit lk

=====

=====

Re: I hope, I want, I will

Posted by EscapeArtist - 15 Jan 2019 03:53

---

Welcome Issac; Hatzlochoh Rabba!

Here's a tactic that helps tremendously for setting goals. You probably won't do it, but do it anyways 'cause it works:

**Write** down your goal, along w/ the reasons for setting this goal (read often to keep your enthusiasm up), plus a list of "what ifs", think in advance what you should do if tough scenarios arise. Keep a log of what went wrong & what can be done to fix the issue. Specify a reward for every few days of staying strong (i.e. download a song, eat a doughnut, splurge on the hotter mikveh...).

(Based on a lecture from R' Avi Shulman)

My longest streak (87 days) was with this mehalech.

Hatzlochoh Nochamuhl!

=====  
=====

Re: I hope, I want, I will

Posted by Issac - 17 Jan 2019 23:18

---

Thank you Escape Artist. That's helpful I'm going to try that

=====  
=====

Re: I hope, I want, I will

Posted by Issac - 17 Jan 2019 23:21

---

Day 8

B"h still clean and kosher.

I guess feeling up to it is not a prerequisite for doing it

=====

Re: I hope, I want, I will

Posted by Issac - 18 Jan 2019 18:02

---

Fell - Made it to day 8.

trying to write down reason why I want to stop.

I guess I'm not sure.

I thought it was because it's a terrible aveirah but it's probably because I'm socially embarrassed (even though no one really knows) and because it makes me feel very low and unconnected.

I guess I'm been fighting so long that I'm not sure exactly why i'm fighting just that I am.

Well, B"h still here and working on it.

=====