

from zero to 90

Posted by drust - 04 Sep 2019 08:18

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I don't know how many days I can persevere against evil's temptations and bad thoughts... But the only one thing that I want is to defeat bad habits and stop watching inappropriate things.

I should break this endless cycle... I should unleash my soul from dirty habits.

I see the day all of us are celebrating our 90-days challenges.

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Re: from zero to 90

Posted by sleepy - 04 Sep 2019 13:26

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[drust wrote on 04 Sep 2019 08:18:](#)

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welcome!to stop watching inappropriate things is a great goal! wishing you much hatzlacha !

do you view things on the internet or through other ways?be well!

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Re: from zero to 90

Posted by drust - 06 Sep 2019 15:05

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both ways.... Unfortunately both internet and real society make me fall. In real society I should control my eyes but it's so difficult. and at home I should to avoid of being alone, but It's difficult to go out , too.

*I don't know what to do.*

*I don't know what to do.*

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Re: from zero to 90

Posted by drust - 06 Sep 2019 15:07

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[drust wrote on 04 Sep 2019 08:18:](#)

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YEA DRUST

Keep going and persevere..

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Re: from zero to 90

Posted by ColinColin - 07 Sep 2019 20:57

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Drust

Just because an image stimulates desire, it does not mean you have to act on that desire.

Try using the technique of Mindfulness.

[www.psychologytoday.com/gb/blog/beyond-self-destructive-behavior/201601/mindfulness-in-the-treatment-self-destructive-behavior](http://www.psychologytoday.com/gb/blog/beyond-self-destructive-behavior/201601/mindfulness-in-the-treatment-self-destructive-behavior)

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Re: from zero to 90

Posted by sleepy - 08 Sep 2019 09:05

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[drust wrote on 06 Sep 2019 15:05:](#)

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*I don't know what to do.*

*I don't know what to do.*

have you read the gye handbook, it might help in both areas, i know for me in the street , listening to a shiur that i like (or even nice jewish music sometimes)with headphones helps a lot.

one thing that im trying although havent gotten there yet ,is working on my bitachon/trust in Hashem,and that is ,if these things that i want to look at in the street were really good for me Hashem would give it to me, and if Hashem doesnt want me to look at them,it must be that its not good for me even though i may desire to look , Hashem knows best , so trust Hashem and as much as you can ,hold yourself back from looking , and one day youll understand why Hashem told you dont look .Trust Hashem , He knows what Hes doing,Hes not trying to deprive you.Hatzlacha!

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Re: from zero to 90

Posted by sleepy - 08 Sep 2019 09:11

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[drust wrote on 06 Sep 2019 15:05:](#)

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how is your Torah learning going?do you try to learn every day?

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Re: from zero to 90

Posted by drust - 13 Sep 2019 16:41

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[sleepy wrote on 08 Sep 2019 09:11:](#)

[drust wrote on 06 Sep 2019 15:05:](#)

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how is your Torah learning going?do you try to learn every day?

unfortunately my answer is negative. but i'm doing my best in this subject.

I'm learning from any source that I could get from the internet.

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Re: from zero to 90

Posted by drust - 13 Sep 2019 16:46

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[sleepy wrote on 08 Sep 2019 09:05:](#)

[drust wrote on 06 Sep 2019 15:05:](#)

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Thanks a lot for your motivating words. But my mind deviate me in real social life. I really I want to be clean but sometimes my eyes don't obey my order to look straight way.

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Re: from zero to 90

Posted by drust - 13 Sep 2019 16:52

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damn it.

after 8 days I broke my promise and I slipped in God's path. I watched inappropriate things and I fell into huge sins. at least I have my purity in practical ways. it's the positive status that could be mentioned.

I hope to withstand in that way for a long period (even for always)

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Re: from zero to 90

Posted by Markz - 13 Sep 2019 17:42

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[drust wrote on 13 Sep 2019 16:52:](#)

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after 8 days I broke my promise and I slipped in God's path. I watched inappropriate things and I fell into huge sins. at least I have my purity in practical ways. it's the positive status that could be mentioned.

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Sorry to hear

Our Trucks are not designed to go from 0 to 90 in 1D.

Move into the 1DAAT gear and Hatzlacha!

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Re: from zero to 90

Posted by sleepy - 13 Sep 2019 18:23

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[drust wrote on 13 Sep 2019 16:52:](#)

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comon! 8 days is great! dont give up!

do you mind explaining 'at least I have my purity in practical ways. it's the positive status that could be mentioned.'

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Re: from zero to 90

Posted by drust - 14 Sep 2019 15:00

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[sleepy wrote on 13 Sep 2019 18:23:](#)

[drust wrote on 13 Sep 2019 16:52:](#)

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comon! 8 days is great! dont give up!

do you mind explaining 'at least I have my purity in practical ways. it's the positive status that could be mentioned.'

yesterday I only watched inappropriate things and didn't masturbate. but today I couldn't tolerate anymore and I did it.

sorry. I think I should set my mind first. because it's disruptive extremely.

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Re: from zero to 90

Posted by drust - 14 Sep 2019 15:06

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double damn. I just masturbate because of imagination what I'd seen yesterday. I thought about that pics and watched inappropriate movies again today.

It's not good at all. I should do something.

disappointment, stressful condition and loneliness would led me to this endless circle.

God please help me. I'm all ears to your orders.

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Re: from zero to 90

Posted by ColinColin - 15 Sep 2019 00:06

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Fund out another activity for when you get stressed.

Walking, reading, calling a friend etc.

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