

Trying again ...

Posted by shua73 - 30 Dec 2019 04:27

Long time no post. I've been inactive here for a while and have had ups and downs. Ive had periods of no masturbation for if I recall correctly, 130or so days. My current state is falling once every 6 to ten days for past few months or so. I recall that there was a way to join a group of people working towards 90 days to have a group count as well as individual count. Can someone point me to where that is?

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Re: Trying again ...

Posted by lionking - 30 Dec 2019 05:37

Welcome back,

Those groups have fallen to the wayside a few years ago. Most weren't active more than a week anyways.

We are all here together as a collective group. Let's make this count.

May you be zoche to a true nes chanukah.

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Re: Trying again ...

Posted by DavidT - 30 Dec 2019 14:59

[shua73 wrote on 30 Dec 2019 04:27:](#)

Long time no post. I've been inactive here for a while and have had ups and downs. Ive had periods of no masturbation for if I recall correctly, 130or so days. My current state is falling once every 6 to ten days for past few months or so. I recall that there was a way to join a group of people working towards 90 days to have a group count as well as individual count. Can

someone point me to where that is?

If I may suggest. Start with breaking the current pattern. Set a goal of being clean for 2 weeks, then once you accomplish that go for a bigger goal... Another suggestion, when you do have the urge to act out, delay it with 15 minutes & use that time to Daven to Hashem that you should eventually be able to be completely clean...

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Re: Trying again ...

Posted by shua73 - 01 Jan 2020 02:22

Slipped now (watching non-pornographic but still inappropriate content) until i remembered that I'm counting to 90. Interesting that I completely forgot that I was counting. But luckily I remembered and am still on track.

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Re: Trying again ...

Posted by DavidT - 01 Jan 2020 12:46

[shua73 wrote on 01 Jan 2020 02:22:](#)

Slipped now (watching non-pornographic but still inappropriate content) until i remembered that I'm counting to 90. Interesting that I completely forgot that I was counting. But luckily I remembered and am still on track.

When you start to slip and you catch yourself and STOP, it's much greater than not slipping at all. Your self control muscles are building up and the reward for that is great too.

Keep it up and keep us inspired with your great progress!

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Re: Trying again ...

Posted by shua73 - 06 Jan 2020 17:15

One week so far. Thank God

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Re: Trying again ...

Posted by DavidT - 06 Jan 2020 17:33

[shua73 wrote on 06 Jan 2020 17:15:](#)

One week so far. Thank God

WOW! Thanks for the great update!

You will soar higher and higher and attain unimaginable success in

the battle of the generation with Hashems help. Please keep up posted.

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Re: Trying again ...

Posted by Realestatemogul - 10 Jan 2020 05:08

Hey Shua, welcome back!

I actually came on here years ago with a different user name, then came back with this one and got to 200+ days, then fell and was in the dumps, and now B'h I am 36 days clean. The trick is to just keep getting back up and dusting yourself off, and moving forward.

Keep posting, smiling, and exercising the muscles DavidT mentioned. You will be stronger every day!

GYE is here for you and I wish you much hatzlacha!!

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Re: Trying again ...

Posted by shua73 - 12 Jan 2020 14:58

Realestatemogul, I like the new username. And still clean. Thanks for the inspiration!

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Re: Trying again ...

Posted by shua73 - 13 Jan 2020 04:33

Now that two weeks is coming up, slipped but didn't fall. Not sure exactly what to write after this but my thoughts are that I'll keep trying. Have a good night.

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Re: Trying again ...

Posted by qwerty123456 - 13 Jan 2020 04:52

[shua73 wrote on 13 Jan 2020 04:33:](#)

~~Now that~~ two weeks is coming up, slipped but didn't fall. **Not exactly sure what to write after this** but my thoughts are that I'll keep trying. Have a good night.

go you!!

dunno about you, but i find it triple as hard to stop once i already slipped.

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Re: Trying again ...

Posted by shua73 - 13 Jan 2020 08:55

Youre right. I just fell. Will pick myself up and try again.

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Re: Trying again ...

Posted by DavidT - 13 Jan 2020 14:08

[shua73 wrote on 13 Jan 2020 08:55:](#)

Youre right. I just fell. Will pick myself up and try again.

It's important to minimize the time gap between a fall and getting up. The Y"H's main goal is to get you to give up and be down as long as possible, you're goal is to say NO! My falls do not define my essence, I'm a good person and eventually I'll be 100% clean with Hashem's help!

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Re: Trying again ...

Posted by YeshivaGuy - 06 Jan 2021 05:11

How u been buddy?

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Re: Trying again ...

Posted by YeshivaGuy - 10 Jan 2021 05:11

How u been buddy??

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