

Help to my 90 days

Posted by lee1999 - 24 Jun 2020 11:06

Would love tips and help to carry out my task of 90 days

I split it into two weeks sessions so far week one went smoothly no major urges only small which I find strange bh thanks to this unbelievable organisation what rewards are waiting for all of you is tremendous

We need this site to bring meshiach nearer

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Re: Help to my 90 days

Posted by Snowflake - 24 Jun 2020 12:59

Take it one day at a time. Always focus on today. You need to be sober for today. The YH is very clever in saying it's too much time without it, you won't make it etc. Therefore it's probably the most important rule, you can't go to the bathroom for tomorrow, only for today. Same with sobriety. That being said, do review your plan. What are your triggers? (Stay very far away from them). If an urge comes what's your plan? How can you up your defenses? Use all the tools you can and see what works best for you (phone chat, meetings, forums, chizuk emails, webchaver, filters, etc).

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Re: Help to my 90 days

Posted by DavidT - 24 Jun 2020 14:38

[lee1999 wrote on 24 Jun 2020 11:06:](#)

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We're all in this together. Keep strong and keep connected, Hashem will definitely help you go in the right direction.

Here are 2 points that can help you in this struggle...

1 - Breaking the Cycle: We must realize that the Yetzer Hara/addiction wants our soul, not the pleasure. Otherwise, why is a thousand times never enough? Keep this saying in mind: **"Just once is too much; a thousand times is never enough."** We cannot bargain with the addiction. Half measures ultimately amount to nothing. Isolated incidents of control are not significant when dealing with addiction, it's the overall pattern. **Staying stopped** is the issue. We must realize that we were acting insane. It's not sane to repeat self-destructive behaviors. This is, in the most literal sense, a **life and death struggle** for our souls.

2- Giving the fight over to Hashem: Ultimately, only Hashem can overcome the addiction for us. As Chazal say: "If Hashem doesn't help him, he cannot overcome him" (the Yetzer Hara). But, in order for Hashem to fight for us, we need to know that we can't do it alone, and we need to reconnect with Hashem in a very fundamental way and learn a complete dependency on Him; much as a one day old baby depends on its mother.

When we learn to "Let Go and Let G-d," Hashem does all the fighting for us and we don't have to "overcome" anything on our own. Our job is just to maintain a healthy spiritual condition and learn to live with Hashem's help. Of course, we also need to take the steps we can, to ensure that we do not continue feeding our addiction. When we let Hashem do it for us, we have Hashem's strength and not our own, as the Pasuk says "Kovei Hashem yachalifu koach – those who hope to Hashem exchange strengths". We literally exchange our strength with that of Hashem's.

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Re: Help to my 90 days

Posted by ??? ???? ???? ??? - 24 Jun 2020 21:44

[lee1999 wrote on 24 Jun 2020 11:06:](#)

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Awesome! I wish you tremendous hatzlacha!

Regularly updating my 90-day count, being active on the forum, participating in the partner program, and restricting access to pornographic materials have all been very helpful for me.

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Re: Help to my 90 days

Posted by Singularity - 25 Jun 2020 04:38

Keep it up!

I feel very lustful today. A short step one prayer in the early morning seems to help. My Best Friend can't let me down!

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Re: Help to my 90 days

Posted by Snowflake - 25 Jun 2020 13:41

[Singularity wrote on 25 Jun 2020 04:38:](#)

Keep it up!

I feel very lustful today. A short step one prayer in the early morning seems to help. My Best Friend can't let me down!

I have been davening everyday to Hashem, please G-d give me sobriety for today. I want to have a clean day, please help me.

It's really powerful.

He never lets us down if we just reach out everyday.

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Re: Help to my 90 days

Posted by DavidT - 25 Jun 2020 16:59

Today is the first day of the rest of your life! So let's do our very best to stay clean just **for today!**

"Hashem, I cannot control this without your help. I am willing not to act out on lust today, but I cannot promise about tomorrow. Just for today Hashem, please help me succeed."

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Re: Help to my 90 days

Posted by lee1999 - 25 Jun 2020 17:56

Wow I really appreciate all the chizuk and guidance thanks alot

baruch hashem still clean after 7days really happy feeling amazing however firstly I can't judge yet as I never had a major crazy urge so...not quite there yet

also any help for Friday shabbos those I find are really scary

please write

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Re: Help to my 90 days

Posted by Snowflake - 29 Jun 2020 13:48

Hold on to that feeling and celebrate it and cherish it. When an urge comes, try and think what you'll be missing by acting out. (but don't do just that, an urge is something complex that may require more than one tool to battle it). In fact I'm almost sure Menachem has a thread about urge management. Really worth checking out.

About friday Shabbos could you be more specific? What bothers you and when exactly?

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Re: Help to my 90 days

Posted by lee1999 - 29 Jun 2020 14:44

Thanks firstly how do I get hold of that thread maybe I've done it?

also Friday gets harder loads of Time spare and walking around with all genders about etc makes it really hard

and I haven't yet had terrible urges so I'm kind of hoping it is normal?

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Re: Help to my 90 days

Posted by Captain - 29 Jun 2020 14:56

A very underrated tip is to read 2 pages every morning or night from a good book about Shmiras Einayim. My favorite is The Battle of the Generation (guardyoureyes.com/ebooks/item/the-battle-of-the-generation). It really helps.

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Re: Help to my 90 days

Posted by wilnevergiveup - 29 Jun 2020 18:21

Here is the link for the

thread [https://guardyoureyes.com/forum/54-SMART-Recovery/346935-Dealing-with-Urges-\(Urge-Management\)#346935](https://guardyoureyes.com/forum/54-SMART-Recovery/346935-Dealing-with-Urges-(Urge-Management)#346935)

Hatzlachah

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