

Freedom

Posted by Meyer M. - 04 Aug 2020 02:24

Ok here goes,

Purim 2020: Joined GYE and started working on self for pornography, SSA thoughts and masturbation, didn't really get serious till Pesach

Pesach 2020: Started pushing myself to break free, saw major success and pulled through for 3 weeks when I felt I could only do a few days

May 2020: Started 90 day challenge. SSA stopped being a constant lust a whole day although still apparent (SSA partially attributed to high lust and a small lack of happiness with relationships) stopped feeling tired a whole day, no longer felt weak all the time, physically changed a lot for the better. (Thread from here till

August: <https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/349216-Going-to-do-this>)

June 2020: Learning improved drastically when previously wasn't able to learn even for 5 minutes. Improved to nearly over an hour of steady concentration.

July 2020: All of the above mentioned changes continued and pornography/masturbation remained at zero use (all while I was going through a rough period for three weeks which was amazing considering I was depressed and normally I would act out as a result). Eventually gave in to my depression and fell at 78 days. SSA fell a lot more but the most tempting material in my head still remained.

August 2020: 90 Day challenge restarted more focused on masturbation where previously it was focused on pornography (Kept off both, just more emphasis placed on pornography). Fell once in the month. SSA has gone away. That's two goals (SSA and P) knocked out of the park.

September 2020: Lots of success but lack of words right now, updating a different time.

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GYE - Guard Your Eyes

Generated: 8 April, 2025, 23:39

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Re: Freedom

Posted by Meyer M. - 19 Nov 2020 03:56

20 days.

Fell but way better than 4 days.

Moving forward!!!

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Re: Freedom

Posted by starting - 19 Nov 2020 06:52

20 is huge!

But you can do more. Have you not hit 40 in the past?

Now may be the time to pick up the phone and start speaking with people (if you haven't yet).
Just a suggestion. Works for many of us.

On to 50 now

Warning: Spoiler!

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Re: Freedom

Posted by Youngster - 19 Nov 2020 14:35

Now may be the time to pick up the phone and start speaking with people (if you haven't yet).

Just a suggestion.

Warning: Spoiler!

In other words, reach for the stars... it's a whole new meaning...

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Re: Freedom

Posted by Youngster - 19 Nov 2020 14:43

[starting wrote on 19 Nov 2020 06:52:](#)

Now may be the time to pick up the phone and start speaking with people (if you haven't yet).
Just a suggestion. Works for many of us.

On to 50 now

Warning: Spoiler!

Wow, reach for the **stars**, has a whole new meaning...

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Re: Freedom

Posted by Meyer M. - 20 Nov 2020 04:39

"starting" post=357549 date=1605768748 catid=4

20 is huge!

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Now may be the time to pick up the phone and start speaking with people (if you haven't yet).
Just a suggestion. Works for many of us.

On to 50 now

ODAAT

The farthest I've gotten is 78 days. Haven't come close since. Many things happened during those 78 days that broke me down. I think that calling someone would help, where can I get in touch and get a number?

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Re: Freedom
Posted by YeshivaGuy - 20 Nov 2020 08:05

I recommend "Hashem help me"

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Re: Freedom
Posted by starting - 22 Nov 2020 07:42

I PM'd you.

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Re: Freedom
Posted by YeshivaGuy - 03 Feb 2021 06:07

Hows it goin buddy?

Where have you been??!!

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Re: Freedom

Posted by Meyer M. - 28 Feb 2021 06:07

Clean slate, New topic

<https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/364315-Freedom-from-the-Pain#364315>

Boy, im getting goose bumps thinking about starting again.

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