

My Journey to 90 Days

Posted by blueorangeballoon - 05 Nov 2020 05:36

I don't have much substantive material to contribute here, but I just wanted to express some excitement over hitting the halfway mark to 90 days today! Not that the challenge actually ends at 90 days, of course, but I'm still really excited about the progress I've made since joining GYE (even if all I mainly do on the website is lurk on the forums and update my chart daily). This streak -- 45 days -- is my longest since I started dealing with these problems over a decade ago!

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Re: Halfway There!

Posted by YeshivaGuy - 17 Dec 2020 03:54

Watching ur number go up!

Keep shteiging.

And please inform us of struggles and tactics you've been using, along the way

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Re: Halfway There!

Posted by blueorangeballoon - 17 Dec 2020 05:39

Thanks for the well wishes! I don't think it's really appropriate to be discussing a lot of the struggles I've had (and continue to have) along the way, since most are only problems that would affect married people and might be triggering. (I'd be fine to take about that over PM, though.)

But in terms of tactics, primarily I've been keeping busy with learning new things I'm interested in at night so as to avoid feeling like I have too much free time. Of course, when not spending

And I'm not sure what exactly induced the change in mindset, but the thought of looking at other women that way is just... unsettling now. And the thought that I'd be doing something that could

jeopardize my relationship with my wife is so very unsavory.

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Re: Halfway There!

Posted by OivedElokim - 17 Dec 2020 05:44

The most effective weapon in this fighting is ???? ?????. If you don't focus on lust-it disappears. Staying busy is the surest method to staying clean (in my experience).

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Re: My Journey to 90 Days

Posted by blueorangeballoon - 20 Dec 2020 04:43

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Re: My Journey to 90 Days

Posted by YeshivaGuy - 20 Dec 2020 04:46

MAZEL TOV!!!!!!

WOOOOHHOOOOOO!!!!

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Re: My Journey to 90 Days

Posted by Zedj - 20 Dec 2020 07:37

To many more celebrations!

You should make a L'chaim!
And I made it! 90 days clean.

I know you know this but....

The yetzer horah doesn't leave after 90 days!

Stay with us and keep posting updates

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Re: My Journey to 90 Days

Posted by Grant400 - 20 Dec 2020 15:12

[blueorangeballoon wrote on 20 Dec 2020 04:43:](#)

And I made it! 90 days clean.

Congratulations! Many more!!!!

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Re: My Journey to 90 Days

Posted by Realestatemogul - 20 Dec 2020 16:34

Congrats!!

Good for you and wish you much hatzlacha!!

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Re: My Journey to 90 Days
Posted by Youngster - 20 Dec 2020 17:18

MAZEL TOV!!!

Don't stop the work at 90, now is time for 100, 110, and 120!

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Re: My Journey to 90 Days
Posted by OivedElokim - 21 Dec 2020 05:32

Mazel Tov!

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Re: My Journey to 90 Days
Posted by Hashem Help Me - 21 Dec 2020 05:35

Mazel tov!!! Remember day 91 is not so much different.....

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Re: My Journey to 90 Days

Posted by YeshivaGuy - 04 Jan 2021 01:49

Sooo nuu? Hows it goin??

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Re: My Journey to 90 Days

Posted by blueorangeballoon - 04 Jan 2021 02:28

Porn hasn't been an issue in some time, and while I still have some problems with the other, I feel in control most of the time now.

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Re: My Journey to 90 Days

Posted by YeshivaGuy - 25 Jan 2021 14:52

How u been?

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105 days now.