

Giving it another shot

Posted by othershot - 01 Jan 2021 06:18

Hi! I have been coming to gye for about a year and a half but this is my 1st post on the forums.

Last year I had a clean streak of 183 days but then I fell and since then I have been up and down with smaller clean streaks and less acting out in between.

Recently though I have been falling too often so I decided even though it's difficult for me I will start a thread to hold myself more accountable.

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Re: Giving it another shot

Posted by othershot - 10 Mar 2021 00:56

Cost benefit analysis. Basically all the pros & cons of watching porn & masturbating.

Warning: Spoiler!

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Re: Giving it another shot
Posted by anothershot - 10 Mar 2021 00:59

Hatzlacha to all!

Anothershot

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Re: Giving it another shot
Posted by anothershot - 11 Mar 2021 02:01
5! B"H I'm doing well although I haven't exercised yet this week even though I said I would

6!

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Re: Giving it another shot
Posted by anothershot - 14 Mar 2021 01:38

9! B"H Shabbos was good!

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Re: Giving it another shot
Posted by Striving Yid - 04 Apr 2021 13:49

If I may suggest something else; The easiest way to save yourself is to catch yourself before you fall into the lusting hole. The moment you starting to feel bored or sad or whatever it is that starts this cycle, that's the time to catch yourself. Once you go down the path into thinking or

looking, it's way harder to control yourself.

Catch yourself when you see that you're getting vulnerable and switch to something positive that you **enjoy**.

?Generally, if you don't have something positive to look forward to daily, then you're constantly struggling. On the other hand, if you can find something else that can give you happiness, you will struggle the first few months to break free of this habit, but you're most likely be able to prevail and finally live in freedom.

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Re: Giving it another shot
Posted by anothershot - 12 Apr 2021 12:57

3!

It's been a long time since I last posted here. I'm recommitting to winning this war and it starts with posting every day again.

Hatzlacha to all!

Anothershot

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Re: Giving it another shot
Posted by anothershot - 13 Apr 2021 00:14

4!

I had temptations and opportunities to give in to those temptations but I told myself today I'm not falling.

Hatzlacha to all!

Anothershot

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Re: Giving it another shot

Posted by othershot - 15 Apr 2021 04:38

6!

Thank you Hashem!

Hatzlacha to all!

Anothershot

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Re: Giving it another shot

Posted by othershot - 26 Apr 2021 00:10

I'm back up to 6 B"H!

Hatzlacha to all!

Anothershot

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Re: Giving it another shot

Posted by othershot - 27 Apr 2021 03:00

7!

Hatzlacha to all!

Anothershot

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Re: Giving it another shot

Posted by anothershot - 27 Apr 2021 16:10

I want to look at porn right now BUT I also want to feel good like I have felt the past week that I've been clean so I'll pass

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Re: Giving it another shot

Posted by EvedHashem1836 - 27 Apr 2021 16:22

Don't give in! You've already made it so far you can keep on going!!

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Re: Giving it another shot

Posted by anothershot - 28 Apr 2021 04:47

8!

It felt great to smash the "I'm still clean" button tonight!

Hatzlacha to all!

Anothershot

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Re: Giving it another shot

Posted by anothershot - 29 Apr 2021 01:21

9! Thank you Hashem!

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