

Lets get this party started

Posted by ?????? - 09 Feb 2021 22:33

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I just joined on GYE a few days ago and I'm so excited to be starting the 90 day journey! I'm clean since last Thursday when I signed up for gye b"h. I don't know how long I'll be able to last, but with the help of everyone here and I also installed the KBA webchaver filter on my phone so already I feel like I have the advantage over my yetzer hara. I know it's definitely possible bc in the last year my longest streak was ~105 days, but I was in a place rooming with 8 other people and no internet so even if I wanted to be nichshal, it was very hard. Anyways wish me luck my friends and of course a tremendous "Hatzlocha rabbah" to all of you as well!

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Re: Lets get this party started

Posted by Zz613 - 06 Jul 2021 14:23

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Congratulations on 14 days clean, that's 2 whole weeks!!

it may seem a small number but in reality it's a big chunk of time in which life happened.

About people who go 100 days with out mb, most of them also once thought that this is not possible, and that there must be something wrong with me, and many of them also went through years of endlessly starting and falling.

?But at some point something went and it worked and bezh that can be you, this time or next time.

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Re: Lets get this party started

Posted by YeshivaGuy - 07 Jul 2021 19:24

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Soooo?

We getting back up or wat?

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Re: Lets get this party started

Posted by ??????? - 08 Jul 2021 17:11

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I fell again this morning.

Dont worry tho, I have a solid plan this time to stay clean.

My mentor gave me the idea to make a plan with this:

[Preview attachment The Plan \(21963\) .pdf](#)[The Plan \(21963\) .pdf](#)119 KB

The plan is to not discuss these inyanim with anyone for this next week- that was what had been really been machshil me so many times. I will block hangouts, whatsapp numbers, and even GYE. My mentor tried this for a month of not discussing porn, masturbation, etc and he was able to keep clean for 30 days!!

I hope Hashem provides me with the gevurah to keep with this plan for a week. After that, I will iyh renew the plan for even longer. So wish me luck. See you in a week!

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Re: Lets get this party started

Posted by DavidT - 08 Jul 2021 17:36

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I like that plan. The fact is that if you handle mud, even for the purpose of cleaning it up, you'll get dirty. We all hope this plan will succeed! Keep us posted...

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Re: Lets get this party started

Posted by HappyYid - 08 Jul 2021 18:54

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Good luck!

Looking forward to hearing from you soon.

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Re: Lets get this party started  
Posted by aryehdovid85 - 08 Jul 2021 19:01

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Interesting approach ....sounds like an  
idea from the SA WHite Book. 18 Wheeler....it's  
called stop feeding the addiction.

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Re: Lets get this party started  
Posted by Gevura Shebyesod - 08 Jul 2021 19:18

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[?????? wrote on 08 Jul 2021 17:11:](#)

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Re: Lets get this party started

Posted by HappyYid - 20 Jul 2021 23:50

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It's almost 2 weeks...

How's it going?

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Re: Lets get this party started

Posted by ?????? - 21 Jul 2021 23:04

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Im back. Baruch Hashem the plan worked great. I initially decided to do it for only a week but then decided to keep doing it until after the 9 days. Since then I kinda forgot about unblocking gye until today so now im 2 weeks clean bh.

Still have LOTS of taivos tho...

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Re: Lets get this party started

Posted by ?????? - 23 Jul 2021 20:46

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After 14 days clean, I fell twice to mb and porn and once to sexting as well in the last 12 hours. The culprit: an unfiltered device. Can I get some help please on dealing with WTH syndrome and the lack of regret because it felt so good?

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Re: Lets get this party started

Posted by ?????? - 25 Jul 2021 18:48

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Please I really need help from the oilam. I fell again last night. I don't see myself stopping any time soon...

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Re: Lets get this party started  
Posted by retrych - 26 Jul 2021 17:44

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Right now, maybe just try to get away from it. Do whatever, get out of the mindset of needing it. Distract yourself, scare yourself, just get out of the zone where it's the best thing, and you'll realize it's not all that, even in the moment of doing it.

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Re: Lets get this party started  
Posted by DavidT - 26 Jul 2021 18:20

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[?????? wrote on 25 Jul 2021 18:48:](#)

Please I really need help from the oilam. I fell again last night. I don't see myself stopping any time soon...

Why do you want to stop?

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Re: Lets get this party started  
Posted by ?????? - 27 Jul 2021 03:02

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I honestly, don't even think i can stop at this point- i fell again today.

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