

Square one

Posted by Looking_to_improve - 28 Feb 2021 22:41

Thread 3

Day 0

Restarting from square one

=====

=====

Re: Square one

Posted by excellence - 09 Jul 2021 17:44

[Looking_to_improve wrote on 09 Jul 2021 15:32:](#)

Day 1 (day 84 with 1 fall)Clean bH

????? ?????? ?????? ?????? ??????

??????? ??? ??? Looking_to_improve ???

????? ?????? ????????

=====

=====

Re: Square one

Posted by Zz613 - 09 Jul 2021 20:59

I really like the attitude!!

Keep it up!!

=====

=====

Re: Square one

Posted by Zz613 - 09 Jul 2021 21:00

[Looking_to_improve wrote on 09 Jul 2021 15:32:](#)

Day 1 (day 84 with 1 fall)Clean bH

I really like the attitude!!

Keep it up!!

=====

Re: Square one

Posted by Looking_to_improve - 10 Jul 2021 20:53

I masturbated again tonight, although I didn't have much desire before I did. I took the opportunity to block a few websites that were letting some bad content through.

Moving on, trying not to dwell on it too much or dwell on it.

=====

Re: Square one

Posted by Looking_to_improve - 10 Jul 2021 20:53

I masturbated again tonight, although I didn't have much desire before I did. I took the opportunity to block a few websites that were letting some bad content through.

Moving on, trying not to dwell on it too much

=====

=====

Re: Square one

Posted by excellence - 10 Jul 2021 21:49

Just keep on going. After 120 you can look back... (or a little earlier if you wish....) but not now.....

On Shabbos the Baal Koreh was not mafsik during the 42 journeys of Klal Yisroel as brought down in halacha because it corresponds to the name of Hashem made up of all these journeys.

Now 8 of these journeys the jewish people travelled backwards, but yet the Name of HKBH is made up of all the journeys, including these, because both the ups and downs are all part of making up Hashems name, as long as we keep travelling forward again.

=====

=====

Re: Square one

Posted by excellence - 12 Jul 2021 12:48

How things going..

missing you....

=====

=====

Re: Square one

Posted by Looking_to_improve - 12 Jul 2021 15:50

[excellence wrote on 12 Jul 2021 12:48:](#)

How things going..

missing you....

I'm ok. It's a bit tough starting again, I don't know why, but the 2nd and 3rd times when I acted it, it wasn't because I had a huge amount of taiva.

I'm trying to stay chilled and relaxed about it, I think that will make it easier to stay positive overall

=====
=====

Re: Square one

Posted by YeshivaGuy - 15 Jul 2021 06:58

Hows it goin? Come back when you're ready. Just remember that we're always here for you.

No matter what.

YeshivaGuy

=====
=====

Re: Square one

Posted by Looking_to_improve - 18 Jul 2021 22:09

Had a few falls recently, but currently 4 days clean bH. Staying positive, and trying to have a relaxed approach to this, I don't want to get all uptight about it

=====
=====

Re: Square one

Posted by Looking_to_improve - 20 Jul 2021 12:45

Just fell today, but glad I was able to make it 6 days clean until now

=====
=====

Re: Square one

Posted by Looking_to_improve - 20 Jul 2021 20:28

Acted out again

=====

=====

Re: Square one

Posted by excellence - 20 Jul 2021 23:27

Let's do some Chazoro: "The yetzer Hora doesn't really care right now that I acted out, what matters to him most is my attitude right now, am I going to surrender to him or am I going to turn to Hashem?."

=====

=====

Re: Square one

Posted by Looking_to_improve - 23 Jul 2021 16:35

3 days clean right now BH

ihadstringsbutnowimfree shared this link easypeasymethod.org/easypeasy.pdf a few days ago. I read it, and I'm trying to implement it, I think time will tell how it's going

=====

=====