

90 day log!

Posted by TheYoungerTwin - 05 Dec 2021 01:29

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im lo achshav, eimasai

I just fell last night.

i haven't gone 90 days without masturbating in the past 4 years. The closest I got was maybe a month and a half. I don't just need to stop, I really WANT to stop. And I have to accept that I can't do it alone.

So, bli neder, I will post an update every single day (except for when it's impossible) so I can keep focused, stay motivated, and keep the "one day at a time" mindset.

May it be Hashem's will that I and all who are trying to make it to 90 days clean (and beyond!) succeed.

Lets do this!

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Re: 90 day log!

Posted by TheYoungerTwin - 21 Jan 2022 18:08

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day 46

have a good shabbos

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Re: 90 day log!

Posted by TheYoungerTwin - 22 Jan 2022 23:47

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day 47

just movin along

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Re: 90 day log!

Posted by TheYoungerTwin - 23 Jan 2022 23:14

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day 48

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Re: 90 day log!

Posted by Human being - 24 Jan 2022 10:11

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2 days to 50!!

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Re: 90 day log!

Posted by TheYoungerTwin - 25 Jan 2022 05:11

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been busy, i almost forgot to post today!

Thank G-d, I am 7 weeks clean.

looking back at where i was a year ago, struggling, falling, trying, giving up, trying again; i am amazed.

it all pays off in the end. all the failed attempts eventually led to (just over) 7 weeks ago, when i started this thread.

i dont know what challenges i may (will) face in the future, but right now i'm just focusing on the fact that i am 7 weeks clean.

it feels good.

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Re: 90 day log!

Posted by Human being - 25 Jan 2022 10:11

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Mazel tov on reaching 50!

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Re: 90 day log!

Posted by TheYoungerTwin - 25 Jan 2022 16:19

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day 50

experiencing some taiva currently, need to be careful

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Re: 90 day log!

Posted by committed\_togrowth - 25 Jan 2022 18:43

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It is very normal and okay to feel taiva! The key as you shown yourself and all of us over the past fifty days, is that you don't need to respond to it just because you feel it. Keep calm and

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Re: 90 day log!

Posted by Hashem Help Me - 26 Jan 2022 12:19

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Mazel tov on 50!! By Yovel we go free from avdus....

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Re: 90 day log!

Posted by TheYoungerTwin - 26 Jan 2022 18:26

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day 51

saw something i shouldn't have...

i need to catch myself before the downward spiral

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Re: 90 day log!

Posted by TheYoungerTwin - 26 Jan 2022 23:01

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i reeeeaally feel like masturbating now

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Re: 90 day log!

Posted by committed\_togrowth - 26 Jan 2022 23:21

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Hop on the phone with someone if you can! Get outside for a walk, or can you go somewhere where you'll be with other people? You're an inspiration to the guys here, you can make it through this!

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Re: 90 day log!

Posted by TheYoungerTwin - 27 Jan 2022 00:24

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Thank G-d a group event came up and i was able to connect with people and take my mind off the compulsion.

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Re: 90 day log!

Posted by committed\_togrowth - 27 Jan 2022 00:54

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Yay!

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