

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 - 28 Jan 2022 00:05

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day 52

feeling terrible but thats life

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Re: 90 day log!

Posted by Markz - 28 Jan 2022 00:54

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[TheYoungerTwin wrote on 28 Jan 2022 00:05:](#)

day 52

feeling terrible but thats life

Sorry to hear.

It's what life throws at you.

Sometimes you can choose not to catch it, but takes skills. Do you have?

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Re: 90 day log!

Posted by TheYoungerTwin - 28 Jan 2022 02:58

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[Markz wrote on 28 Jan 2022 00:54:](#)

[TheYoungerTwin wrote on 28 Jan 2022 00:05:](#)

day 52

feeling terrible but thats life

Sorry to hear.

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It's what life throws at you.

Sometimes you can choose not to catch it, but takes skills. Do you have?

do i have the skills to deal with life issues?

sometimes.

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Re: 90 day log!

Posted by TheYoungerTwin - 28 Jan 2022 17:22

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day 53

have a good shabbos

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Re: 90 day log!

Posted by TheYoungerTwin - 29 Jan 2022 23:57

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day 54

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Re: 90 day log!

Posted by TheYoungerTwin - 30 Jan 2022 20:56

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day 55

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Re: 90 day log!

Posted by TheYoungerTwin - 31 Jan 2022 19:37

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8 weeks

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Re: 90 day log!

Posted by TheYoungerTwin - 02 Feb 2022 00:24

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day 57

pretty busy these days...

i didnt realize just how many days ive been clean for!

they just fly by...

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Re: 90 day log!

Posted by TheYoungerTwin - 03 Feb 2022 03:06

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day 58

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Re: 90 day log!

Posted by TheYoungerTwin - 03 Feb 2022 22:54

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day 59

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Re: 90 day log!

Posted by TheYoungerTwin - 04 Feb 2022 17:19

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day 60

thats 2/3 of 90

life is very different now. i am forced to confront challenges instead of escaping from them. i am not lusting all the time, not wasting time fantasizing. i am not stuck in a cycle of guilt and frustration.

life is good.

i remember not being able to imagine staying clean. i remember thinking that i cant go without it.

turns out, i can. and life is so much better without it.

thank you to all who lent their support. i am here because of you.

lets all continue improving our lives, one day at a time.

(good shabbos)

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Re: 90 day log!

Posted by Hashem Help Me - 04 Feb 2022 18:06

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Wow! Please remain here after you "graduate" from all this mess. You will iyh have the ability to inspire and assist others b'ezras Hashem.

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Re: 90 day log!

Posted by TheYoungerTwin - 06 Feb 2022 03:58

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day 61

shavua tov

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Re: 90 day log!

Posted by TheYoungerTwin - 06 Feb 2022 20:42

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day 62

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