

90 day log!

Posted by TheYoungerTwin - 05 Dec 2021 01:29

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

day 52

feeling terrible but thats life

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Re: 90 day log!
Posted by Markz - 28 Jan 2022 00:54

[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

[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.

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

day 53

have a good shabbos

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Re: 90 day log!

Posted by TheYoungerTwin - 29 Jan 2022 23:57

day 54

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Re: 90 day log!

Posted by TheYoungerTwin - 30 Jan 2022 20:56

day 55

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Re: 90 day log!
Posted by TheYoungerTwin - 31 Jan 2022 19:37

8 weeks

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Re: 90 day log!
Posted by TheYoungerTwin - 02 Feb 2022 00:24

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

day 58

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Re: 90 day log!
Posted by TheYoungerTwin - 03 Feb 2022 22:54

day 59

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GYE - Guard Your Eyes

Generated: 7 April, 2025, 07:43

Re: 90 day log!
Posted by TheYoungerTwin - 04 Feb 2022 17:19

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

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

day 61

shavua tov

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Re: 90 day log!

Posted by TheYoungerTwin - 06 Feb 2022 20:42

day 62

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