

Destination - 90 days, A human beings journey.

Posted by Human being - 05 Jan 2022 18:52

Here I go, this will be the spot for my journey to 90 days! I'm excited to finally start. Its my first time legitimately trying to stop masturbating and calling phone sex lines to listen to the recordings (and occasional porn when I have access).

Whatever my ETA is, 90 days is my destination.

I will hopefully post every day. Any feedback is appreciated.

I usually have a really hard time with phone sex lines when I'm in bed and going to sleep, which has always ended in masturbation. This is especially when I have a hard time falling asleep.

See you down the road- enjoy the ride!

#HashemWillHelpMe.#MyFatherMyKingMyLoveAndHeLovesMeToo

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Re: Destination - 90 days, A human beings journey.

Posted by Shtarkandemotional - 10 Jun 2022 19:11

[Kavey wrote on 10 Jun 2022 18:06:](#)

Just read your thread and my heart goes out to you. As a single guy you may not have the emotional support and distraction a wife and kids can provide (though of course doesn't always work that way).

Something to consider is that right now Hashem wants you to work on this issue, so work it. That means do everything in your power to change your mood so that you can control your desires. If it means going for a run, then go for a run. If it means leaving a wedding, then leave the wedding or don't go. You don't have to be afraid. But do things to change how you're feeling. As you already know the urgency of an urge passes.

Also, I know for myself that I don't always invest in friends, activities etc. that can give me emotional support/outlets but I should. Now is the time to invest. It's a mitzva. If you don't already, put yourself out there. A mitzva that could help you for the rest of your life

This is a gorgeous powerful post! Thank you!

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 20 Sep 2022 17:19

25 days. my 3rd longest streak. 28 days is my second to longest. Still don't have a computer to update daily or weekly. I was falling on the same computers I was using for gye so I stopped using them.

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Re: Destination - 90 days, A human beings journey.
Posted by committed_togrowth - 21 Sep 2022 04:22

Wonderful to hear from you, so glad you're doing well

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Re: Destination - 90 days, A human beings journey.
Posted by Hashem Help Me - 22 Sep 2022 20:21

Keep it up tzaddik!

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 30 Sep 2022 00:27

35 days baby! #letsGo

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Re: Destination - 90 days, A human beings journey.

Posted by Human being - 03 Oct 2022 03:16

38 days. the second to highest ive ever been. Its soooo hard right now. Thank god i didnt watch porn or masturbate but i am scrolling online to download some vids i want to watch and lo and behold a movie with a immoral scene in its trailer is right in front of my nose auto playing. Im so upset. I havent seen a *** scene in 5 weeks! WHY WHY WHY WHY WHY. i want to keep my eyes clean. I dont care if its not a fall on the 90 day chart, my eyes saw a *** scene. AAAARRRRGGGGGHHHHH. On the positive side of things i didnt masturbate and i was able to move on from the scene without wathcing it for more then a second (saw it twice for a second.... almost went down the rabbit hole) Thank god because i have become clean over the past 5 weeks by brain didnt "need it now" and i was able to use self control.

On a side note if anyone has any ideas, during the winter when its cold and rainy i get depressed and dont care about life. I dont care about streaks. I just dont give a flip about anything. I wish i could help myself. I really want to get to 90 days.

Agav Bh i will buy myself 250 dollar headphones in 52 days

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Re: Destination - 90 days, A human beings journey.

Posted by Hashem Help Me - 03 Oct 2022 16:18

Maybe get yourself a treadmill or elliptical and do some serious exercise when it's cold and rainy outside. You will iyh feel great - it is a proven mood lifter.

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Re: Destination - 90 days, A human beings journey.

Posted by Human being - 04 Oct 2022 02:48

Yes I plan on doing exercise. Imagine a 2 yr old needing constant comfort soothing and safety. That is how i feel during winter. It feels weird. I actually almost cried in my physiatrists office today for absolutely no reason except that shes a woman and my 2 yr old self is craving a mommy to cry to.

Point is that 2 yr old's don't care too much about streaks when thier feeling depressed. I know it will be hard to understand but thats how i feel in the winter. I want to just sleeeeeeeeeep And sleep and sleep until summer comes and i could be older then 20 yrs old again.

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 04 Oct 2022 02:55

51 days until my #Bose headphones i cant wait. But i gatta remember even if i dont reach it, 38 days is unbecredible.

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Re: Destination - 90 days, A human beings journey.
Posted by tryingmybest2022 - 06 Oct 2022 04:53

At day 6 had a really good Yom Kippur real heartfelt teffilos and am excited to be in this 90 day journey

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 07 Oct 2022 00:22

41 days. Taken it day by day. If i stay clean for the next 49 days I buy myself Bose head phones. Can everyone please daven for Human being ben human being to get to 90 days?

Thank you Hashem its sunny and hot again! #EPIC!!

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 07 Oct 2022 19:53

42 days. Its amazing how the cleaner i am the more healing I'm getting in my therapeutic journey. I feel like I'm getting closer to marriage Beezras hashem.

Quick thought. Its amazing how when we start our journey, we truly don't know how great we can be; how great we are **going** to be. If only we would realize how wonderful we are in the beginning of our struggle too. GUYS YOU GUYS ARE SUCH CHASHIVE PEOPLE. WE ARE THE ONLY PEOPLE IN THE WORLD DOING THE HOLY WORK OF STAYING PURE. WE ARE HOLDING UP THE WORLD. EVERY DAY. EVERY FALL. EVERY TIME WE PICK OURSELVES UP AND START ALL OVER AGAIN AND OVER AND OVER. EVERY TEFILA THAT HASHEM SHOULD HELP US STOP. EVERY TEAR. EVERY DREAM. EVERY GOAL. EVERY POST. EVERY CALL. EVERY DAY. WE ARE AMAZING. WE ARE DOING THE IMPOSSIBLE IN 2022! YOU GUYS MAKE ME CRY FROM PRIDE. YOUR HOLDING UP THE WORLD.

we often tell ourselves "uch i fell" DO YOU REALIZE HOW MUCH HOLYIER YOU ARE THEN THE WORLD AROUND YOU????? THE WORLD IS NOT EVEN TRYING!!!!

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 12 Oct 2022 01:06

day 47. I Got farther in understanding my feelings once again. All my hatred against Frum people against learning davening mitzvot., Shabbos came out today. I didn't even know I had it inside of me.

As I move away from porn and masturbation i move closer and closer to healing. THANK YOU HASHEM!

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Re: Destination - 90 days, A human beings journey.

Posted by Human being - 13 Oct 2022 18:45

48. Once again I've come in content with a lot more feelings since I'm starting to think inwards and not outwards. I think I'm going to start a special thread for emotional venting when someone wants to emote instead of anything addictive sexually.

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