

GYE - Guard Your Eyes

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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 Human being - 08 Nov 2022 05:01

Its just that when i get excited about not masturbating i have the need to masturbate so i don't want to think too much about 90 days. so i write 53.

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Re: Destination - 90 days, A human beings journey.
Posted by Hashem Help Me - 08 Nov 2022 12:13

Before day 90, make sure you speak to someone how to be prepared for day 91, understanding that 90 is not some magical day.... Basically, at some point we graduate from the yi'ush, from the script that "it can't be done", and from the being overwhelmed and panicked when the urge hits. For many guys, day 90 signifies that change. But do not make the mistake to think that at day 90 our urges disappear. Rather accept the fact that for the rest of your iyh healthy life there

watching movies and feeling safe for a little. its annoying knowing what is making me feel unsafe, what would make me feel safe, and then in pops a religious part that says "sorry that is something to avoid" DAMN can i just rent a wife for a few days for companionship? NOTHING sexual. just a non judgmental safe place where i can use my love language which is touch to feel connected to another human being. I want non sexual soothing bonding touch so badly. RAAAAAAAAA!!!

Day 79 my dearest of dears!!!!

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Re: Destination - 90 days, A human beings journey.
Posted by Teshuvahguy - 13 Nov 2022 22:50

I so feel you...your love language for feeling safe is to be held and touched and it's not available to you. Our religion does make this kind of thing extra difficult. You can't get a hug or just be held by someone when you so need to just be able to bury yourself in someone's arms and feel protected. Sending you huge hugs, my dear, dear friend...??

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Re: Destination - 90 days, A human beings journey.
Posted by Vehkam - 13 Nov 2022 23:24

[Human being wrote on 13 Nov 2022 22:40:](#)

i fee like its day 9 or 10. I'm struggling in my interest to feel disconnection as apposed to just watching movies and feeling safe for a little. its annoying knowing what is making me feel unsafe, what would make me feel safe, and then in pops a religious part that says "sorry that is something to avoid" DAMN can i just rent a wife for a few days for companionship? NOTHING sexual. just a non judgmental safe place where i can use my love language which is touch to feel connected to another human being. I want non sexual soothing bonding touch so badly. RAAAAAAAAA!!!

Day 79 my dearest of dears!!!!

There are plenty of religious people that will connect with a hug. Keep your eyes open for those people and try to make a connection with them. I have places that I go to occasionally for shabbos specifically because I know that I will get a hug

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 14 Nov 2022 19:36

I don't feel the safety of touch with Frum people. My brain doesn't allow vulnerability around frum people for fear of eventual rejection. I wish I could find safety with frum people obviously, because i am frum myself, in yeshiva surrounded by shtark frum good people learning the whole day.

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 14 Nov 2022 19:52

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Warning: Spoiler!

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Re: Destination - 90 days, A human beings journey.
Posted by Hashem Help Me - 16 Nov 2022 12:13

Whatever script has made you decide that frum people will reject you has to be changed buddy. Yes, there are tough members in our society and obviously you have been "burnt". But i am sure that rationally you know that there are many warm caring genuine and welcoming individuals in the most chareidi corners. Try to (cautiously) move on.

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 16 Nov 2022 20:43

Yes of course I know rationally that Frum people aren't dangerous.

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