

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 Hashem Help Me - 16 Nov 2022 22:26

So let's stop that thought from paralyzing you and inhibiting your ability to receive the available assistance.

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

Posted by Human being - 17 Nov 2022 21:03

Its not a thought. Its a feeling. Big difference.

Thoughts are cognitive. We can gain more information that will cause us to see a new

narrative and then change our minds about what we think. Feelings on the other hand don't go away until they heal. Even if we understand that the feeling doesn't make sense. You can look at my recent post on my other thread about healing feelings to understand it better. Since for years and years and years i saw Frum people as dangerous, simply "realizing" that Frum people aren't dangerous, doesn't change the feeling that is in my brain and body. Its going to take many experiences of safe connection to Frum people to heal that feeling and actually feel safe with Frum people.

So I don't need any more understanding or "chapping" or "changing my thoughts" to develop safety around Frum people. What I need is healing experiences. One of those would be meeting you because you aren't judgmental. Which would be really nice of you because it can start changing the way I *feel*.

Sorry if I'm lecturing here! I feel a little dumb. here you are trying to help me and I'm lecturing you. thanks so much for following up and staying by my side here. I cant express how much a appreciate it.

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 17 Nov 2022 21:05

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 18 Nov 2022 16:22

84 days. Warm hugs and cold IPAs. Good shabbos.
Warning: Spoiler!

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Re: Destination - 90 days, A human beings journey.
Posted by Geshmak! - 18 Nov 2022 17:03

[Human being wrote on 18 Nov 2022 16:22:](#)

84 days. Warm hugs and cold IPAs. Good shabbos.
Warning: Spoiler!

And cold WHAT??!!!

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Re: Destination - 90 days, A human beings journey.
Posted by Geshmak! - 18 Nov 2022 17:08

Btw regarding ur spoiler... it happened to be a great sign!! Ask Hhm abt it... he gave me a

beautiful explanation abt I could give it to you but I think he'll do a better job! So give him a call... ??? ???!!

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 20 Nov 2022 01:52

86. lalalalalalalmamamamnnananababababavavavavacacacacaxaxaxaxazazazasasasasa
dadadadafafafafagagagagahahahahajajajakakakakalalalalpapapapaoaoaoaiaiaiaiuauaua
uayayayayatatatatarararaeaeaeaeawawawawaqaqaqaqa

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Re: Destination - 90 days, A human beings journey.
Posted by Teshuvahguy - 20 Nov 2022 01:55

[Human being wrote on 20 Nov 2022 01:52:](#)

86. lalalalalalalmamamamnnananababababavavavavacacacacaxaxaxaxazazazasasasasa
dadadadafafafafagagagagahahahahajajajakakakakalalalalpapapapaoaoaoaiaiaiaiuauaua
uayayayayatatatatarararaeaeaeaeawawawawaqaqaqaqa

Amazing!!!! Keep on going!

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Re: Destination - 90 days, A human beings journey.
Posted by Geshmak! - 20 Nov 2022 02:11

[Human being wrote on 20 Nov 2022 01:52:](#)

86. lalalalalalalmamamamnnananababababavavavavacacacacaxaxaxaxazazazasasasasa
dadadadafafafafagagagagahahahahajajajakakakakalalalalpapapapaoaoaoaiaiaiaiuauaua
uayayayayatatatatarararaeaeaeaeawawawawaqaqaqaqa

Wow!! Your almost there!! Keep it up!!

btw what language is that word?!? Love it!

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

Posted by Human being - 20 Nov 2022 04:22

Its just human language :-)

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

Posted by Geshmak! - 20 Nov 2022 04:25

[Human being wrote on 20 Nov 2022 04:22:](#)

Its just human language :-)

I wish all humans would talk that fun loving geshmakah language...

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

Posted by future paltiel - 20 Nov 2022 04:28

[Human being wrote on 20 Nov 2022 01:52:](#)

86. lalalalalalalmamamamnnananababababavavavavacacacacaxaxaxaxazazazasasasasa
dadadadafafafagagagagahahahajajajakakakalalalalapapapapaoaoaoaiaiaiaiuauaua
uayayayayatatatatarararaeaeaeaeawawawawaqaqaqa

bH you are doing great. You'll change your name from Human Being to Mentsch and after that Heilige Mentsch!

Keep it up we're all very proud of you.

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

Posted by ILAHC FM - 20 Nov 2022 09:07

Amazing. Keep on going strong, we are all rooting for you

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

Posted by hashemyeracheim613 - 21 Nov 2022 02:54

i disagree, human being is the pinnacle of creation. when we mess up and act like animals then we stary from that honored title

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