

## GYE - Guard Your Eyes

Generated: 5 April, 2025, 20:09

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Destination - 90 days, A human beings journey.

Posted by Human being - 05 Jan 2022 18:52

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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 chancy - 28 Nov 2022 21:18

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Im having a terrible time today too. But not because my feeling are too hard to deal with. They are just very strong today.

I have this terrible feeling of never being good enough for Hashem. Im begging him for months to make this Nisoyen easier and to help me with my mental health and when i dont see immediate relief i get all depressed like whats the point?

?Im up to my 160 something day and i feel terrible. I was alos looking for bad stuff online. But Thank Hashem for the best filters. so i wasnt able to find anything. but now feel crappy for even trying and for seeing some small bad things. Im very hypersensitive and i find almost everything arousing. Im feeling very lost as well. I wanna give up so badly but i know ill feel even worse afterwards.

So im sucking it up and pushing it thru.

Keep up the good work inspiring us. It helps knowing that others are going thru the same.

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Re: Destination - 90 days, A human beings journey.  
Posted by Vehkam - 28 Nov 2022 21:30

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hashem is the one who created these urges and he knows how hard it is. even when you don't see or feel it, he is there with you in the battle. He has tremendous nachas from when you keep pushing through.

we feel for you and look up to you!

best wishes

vehkam

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Re: Destination - 90 days, A human beings journey.  
Posted by Human being - 28 Nov 2022 21:47

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[chancy wrote on 28 Nov 2022 21:18:](#)

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?Im up to my 160 something day and i feel terrible. I was also looking for bad stuff online. But Thank Hashem for the best filters. so i wasnt able to find anything. but now feel crappy for even trying and for seeing some small bad things. Im very hypersensitive and i find almost everything arousing. Im feeling very lost as well. I wanna give up so badly but i know ill feel even worse afterwards.

So im sucking it up and pushing it thru.

Keep up the good work inspiring us. It helps knowing that others are going thru the same.

omg going through the same things, i did some sexulaized browsing saw some "lower level stuff" and now feel like crap. In order to escape the crappy feeling my brain is pushing me to escape to.....porn. But now that i know what im fighting against im going to have an eaiser time fighting. So i gatta leave the computer NOW. Bye see you tom.

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Re: Destination - 90 days, A human beings journey.  
Posted by Teshuvahguy - 28 Nov 2022 21:51

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Hey, @chancy and @human being...we are all pulling for you. Stay strong!!!

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Re: Destination - 90 days, A human beings journey.  
Posted by Geshmak! - 29 Nov 2022 01:31

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Hey it's so funny ( not so ) I'm also going through hell today... I didn't have the urges I'm )  
but after I saw two of my close friends are going through similar and posted abt it I'll do the same... basically home all day not feeling well- depressed in bed also did some small things to stimulate myself nothing to bad but that broke a kablah that I made not to do anything that will stimulate myself so I got in even in a worse mood and than someone left me a voicemail with sharp words that just turned me off more... ( not your fault, but I respect you and hearing from that you don't like something I do on the forum made me feel bad, whatever- you know who you are ) but I'm not doing anything cause if hb and chancy are controlling themselves then I want to be a winner with them and not be the only loser around here... and also I can't do it to my wife i made up my mind I won't cheat on her again ( whatever) thx hb and chancy I probably would be deep in the mud if not for your two posting....

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Re: Destination - 90 days, A human beings journey.  
Posted by Emes-a-Yid - 29 Nov 2022 01:35

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[Geshmak! wrote on 29 Nov 2022 01:31:](#)

HEY; Get back to me on your email, please I am trying to reach out thanks

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Re: Destination - 90 days, A human beings journey.  
Posted by chancy - 29 Nov 2022 16:05

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Im glad to hear that suffering together makes it easier for you, it helped me too.

thank you.

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Re: Destination - 90 days, A human beings journey.  
Posted by Geshmak! - 29 Nov 2022 17:57

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[chancy wrote on 29 Nov 2022 16:05:](#)

Im glad to hear that suffering together makes it easier for you, it helped me too.

thank you.

Not so much the suffering together... more the fighting together! I know you two have it much harder then me and your both so strong and are fighting the fight so well I can't be a loser I gotta fight too! Thx so much for posting last night... bh I didn't do anything (else) from after my post...

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Re: Destination - 90 days, A human beings journey.  
Posted by Human being - 29 Nov 2022 21:52

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I disassociated, my brain does that when my emotions are too overwhelming and i cant function.

Basically my emotions are turned off (my negative emotions) I cant feel any of my 5 yr old feelings right now. Problem is, when i disassociate from my feelings i become what Pete Walker calls a "human doing" i need to be stimulated 24/7 in order to feel alive. I'm always up and ready to do. Its nice because it feels good to not have negative feelings and be so outgoing and exciting, but since i need to be stimulated 24/7, whenever im not stimulated i get turned on. I go straight to anything sexual. Even being on GYE makes me turned on. Im a little lost. And yes my streak doesn't make a difference to me because i feel like im on day 1 sexually. ( Im turned on the whole day)\

Lets see hoe long i can last! If i last till 110 days I'm going to buy tickets for a vaca to Florida. Yes its that hard. No amount of days makes my needing to be stimulated constantly go away, so it will be really hard.

Basically to explain it better, my sexual feelings are not the result of pleasure or desire. They are a result of needing constant stimulation. If im stimulated from morning to night i will be ok. If i go near anything that turns me on when im not stimulated---my bosy needs to be stimulated to feel alive. I WILL GET TO MY VACA TO FLORIDA. (only the thought of exciting stimulation can make me avoid porn/masturbating in this state

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Re: Destination - 90 days, A human beings journey.  
Posted by Human being - 30 Nov 2022 21:30

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96. IM already feeling a little more of my emotions. And a little less interest in going to Florida. But I'm still clean. That's what counts.

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Re: Destination - 90 days, A human beings journey.  
Posted by Human being - 02 Dec 2022 09:05

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98.

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Re: Destination - 90 days, A human beings journey.  
Posted by Emes-a-Yid - 04 Dec 2022 02:26

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[Human being wrote on 02 Dec 2022 09:05:](#)

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Re: Destination - 90 days, A human beings journey.  
Posted by Human being - 04 Dec 2022 04:57

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Thank you so much @emes a yid!

I See You Hit Day 100! proud of you!! KEEP IT UP  
1 hundo' boyz!!!

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Re: Destination - 90 days, A human beings journey.  
Posted by future paltiel - 04 Dec 2022 14:03

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[Human being wrote on 04 Dec 2022 04:57:](#)

Thank you so much @emes a yid!

1 hundo' boyz!!!!

Now you're talking buddy!! Keep on driving that fast lane!!

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