

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 Human being - 16 Jan 2022 15:22

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The reason im nervous is because im having a hard time with other things in my life rights now. The past 2 weeks ive held back from masturbating but a big motavation was the excitement. Every day felt like a huge accomplishment on the way to 14. I feel like day 15 through 25 is going to be non exciting, which will make it alot harder not to choose the easy soothing route.

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

Posted by Shtarkandemotional - 16 Jan 2022 16:20

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[Human being wrote on 16 Jan 2022 15:22:](#)

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Yea makes a lot of sense.. It's tricky when excitement fades if that's what was keeping us going.. when one has clarity it makes everything much much easier. We start to fight a winning battle! How about figuring out a way to maintain a long term constant clarity of why you wanna continue this battle no matter what.. that will be the biggest helpful motivation and will keep your eye on the prize even in hard moments. when one has clarity and motivation that makes the fight much easier this doesn't necessarily mean we're excited.. often we're not excited to take a shower let's say.. but we usually go anyway cuz we're clear that it's beneficial we have a clarity that that's what we want! Same goes for here. I have some ideas if you'd like.

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Re: Destination - 90 days, A human beings journey.  
Posted by Hashem Help Me - 17 Jan 2022 12:21

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[Human being wrote on 16 Jan 2022 15:22:](#)

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So make a goal that you are going to celebrate Purim as a clean fellow. Imagine how exciting that would be. That's true mechiyas Amalek! (As an aside, and i know it's still in the future, but keep in mind to be careful with drinking on Purim. Many newly clean guys slip when they are under the influence....)

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Re: Destination - 90 days, A human beings journey.  
Posted by Human being - 17 Jan 2022 14:53

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15 days clean BH! Had a wet dream last night which makes me feel a little down but ill be ok. Also general lowering of excitement, but im only 15 days away from 30!! Tommarow ill be over the halfway point to 30!

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Re: Destination - 90 days, A human beings journey.  
Btw i bought 3 rolls of sushi to celebrate 2 weeks  
Posted by Joelyn - 17 Jan 2022 15:46

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dont let it get you down. its normal

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Re: Destination - 90 days, A human beings journey.  
Posted by Hashem Help Me - 17 Jan 2022 21:55

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[Human being wrote on 17 Jan 2022 14:53:](#)

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the halfway point to 30!

Excellent that you understand the need to celebrate - it shows a healthy way of viewing this challenge. Wet dreams are to be expected when breaking free. In fact, they are good news - as long as one was not lusting the whole day prior to going to sleep. There is a lot written about this on the forums.

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Re: Destination - 90 days, A human beings journey.  
Posted by Human being - 18 Jan 2022 19:13

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16 days my guys! thats 16 days! 1 times 16! See yall tomorrow at 17! (cant wait for 20 that will be exciting!

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Re: Destination - 90 days, A human beings journey.  
Posted by Shtarkandemotional - 18 Jan 2022 19:14

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[Human being wrote on 18 Jan 2022 19:13:](#)

16 days my guys! thats 16 days! 1 times 16! See yall tomorrow at 17! (cant wait for 20 that will be exciting!

Awesome! Thanks for posting!

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Re: Destination - 90 days, A human beings journey.  
Posted by Trouble - 18 Jan 2022 19:29

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[Shtarkandemotional wrote on 18 Jan 2022 19:14:](#)

[Human being wrote on 18 Jan 2022 19:13:](#)

16 days my guys! thats 16 days! 1 times 16! See yall tommarrow at 17! (cant wait for 20 that will be exciting!

Awesome! Thanks for posting!

your profile pic can be extremely triggering - in many ways

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Re: Destination - 90 days, A human beings journey.  
Posted by Human being - 19 Jan 2022 15:03

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17 days

Yo's!.....18.....19.....20!!!!!!.....10000

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Re: Destination - 90 days, A human beings journey.  
Posted by Trouble - 20 Jan 2022 18:14

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[Trouble wrote on 18 Jan 2022 19:29:](#)

[Shtarkandemotional wrote on 18 Jan 2022 19:14:](#)

[Human being wrote on 18 Jan 2022 19:13:](#)

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

Posted by Human being - 20 Jan 2022 19:44

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Chai chai chai #18#18#18#18#18#18#18#18#18#18#18#18#18#18#18#18

.....19.....20!!!!.....90!!!!!!.....33,333!!!!!!!!!!!!!!!!!!!!!!!!!!!!

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

Posted by Human being - 20 Jan 2022 19:53

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I am having a harder time today.

A couple of times my body reacted to thoughts and feelings (belashon naki)

but I didn't slip Bh but i do feel a lot more pressure to masturbate today. its hard. but I'm not going to.

Its weird but I almost feel like I'm being mean to myself. I guess sometimes that's what Hashem wants me to do. To deny myself a relief and be "mean" to myself.

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

Posted by starting - 20 Jan 2022 20:24

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Let's rephrase

*... feel like I'm being mean to my **yetzer hora**. I guess sometimes that's what Hashem wants me to do. To deny myself a relief and be "mean" to **my yetzer hora and kind to myself**.*

(IMHO)

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