

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 - 21 Jan 2022 12:33

Day 19 and I'm only 6 days away from 25!!!! 25 is very exciting!! Its a real amount. Meaning its more then just a couple weeks. If I get to 25 it means I'm in it for the long haul.

25 days of clean currency after 120 years is going to able to buy me a lot up there! I really cant believe that tomorrows going to be 20 days. 6 out from 25.

Guys ITS DOABLE. WE ALL GOT THIS!!!!!!!

Shabbos is usually hard, but I'm disassociated (my emotions are shut off) right now (for anyone who knows about mental health) so it shouldn't be as hard as usual. I still have too remain on

guard though.

A good, clean, pure and loving Shabbos to all following. Hugs and kisses-Human being

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Re: Destination - 90 days, A human beings journey.
Posted by TheYoungerTwin - 21 Jan 2022 16:22

[Human being wrote on 21 Jan 2022 12:33:](#)

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it wont just "buy you a lot up there" - you'll also feel pretty good down here!

keep going!!

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 23 Jan 2022 10:09

21 days. I cant wait for 25. 4 days out. I think right about at 20 days is when the mind starts the journey of focusing elsewear other then masturbation. Just a little bit, but a little bit none-the-less.

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 25 Jan 2022 10:16

Forgot to post yesterday I guess I'm getting used to it. Good thing, but i have to keep my game up!

Funny last night I had a wet dream and I didn't want to break my streak even in my dream. i was

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 26 Jan 2022 07:39

Day 24 and I'm one out of 25. 6 more days till my next celebration!! I haven't gone this long in as long as could remember. Soooo pumped. I don't have access to the internet for the past few weeks and I have to plan ahead for Bain hazmanim when I'm going to be around the internet. the fight is going to get real then. I must prepare for it.

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Re: Destination - 90 days, A human beings journey.
Posted by joetyh - 26 Jan 2022 07:57

bro you are doing great!!!! you may wanna place that sushi order lol!!! is there anyway to make sure the internet you will be around bein hazmnaim will be filtered?

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 26 Jan 2022 16:09

I Bh dont have any devices in my home or around me with open internet. My challenge is that i kind of look at any technology through a lens of "how bad of a video/picture can i find on this thing" I can find trigger material virtually anywhere. (im good at finding it!) So i have to set up some accountability and connections with others to help me stay away.

Thanks for asking! BTW Im following your thread too and you are realy amazing.

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Re: Destination - 90 days, A human beings journey.
Posted by joetyh - 26 Jan 2022 21:40

accountability is a great idea but also maybe make yourself a contract?

like you will not look at ANYTHING for sexual pleasure

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Re: Destination - 90 days, A human beings journey.
Posted by Shtarkandemotional - 26 Jan 2022 23:06

The more you build a clarity and motivation on why you wanna not lust in videos and images anymore the less of this mindset("how bad of a video/picture can i find on this thing") you'll have. You'll feel strong and determined to not fall. To not try to fall. To not wanna fall cuz your

clarity is crystal clear. I believe that's the goal.

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Re: Destination - 90 days, A human beings journey.
Posted by Shtarkandemotional - 26 Jan 2022 23:09

[Shtarkandemotional wrote on 26 Jan 2022 23:06:](#)

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There's different ways to stop this from happening. Like I mentioned in the previous post- building a clarity. There's many ways to build a clarity.

1. focus on the short term effects.
2. long term effects.
3. Focusing on the gashmiyus effects it'll have on you. The depressed person you'll feel like etc.

another way to help with this idea is knowing looking for the worst thing on this device or any device all together- isn't an option. Like one of the others mentioned a contract. That's good cuz there's no more option of falling.. cuz the consequence is too big.

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 27 Jan 2022 10:15

Love the responses! Thanks guys.

We are finally here! @ day 25! And we are finally only 5 days out of 30!

So exciting.

Warning: Spoiler!

I had my third wet dream last night. Going to need to buy more detergent if this keeps up!!

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 27 Jan 2022 15:22

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