

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 joetyh - 28 Jan 2022 11:21

couldnt find a hug emoji..... but here is your virtual hug!!!! youre doing amazing!!!!

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Re: Destination - 90 days, A human beings journey.
Posted by DavidT - 28 Jan 2022 16:37

[Human being wrote on 28 Jan 2022 11:12:](#)

On to day 26. Havin a harder day. Im emotionally drained and didnt learn enough today. Can

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 29 Jan 2022 20:00

Thanks guys, hugs recieved:smiley:

Im at day 27. 3 more days till 30 and18 more days till Halfway to 90! This is so much fun! i dont even think about the fact that i havent masturbated or called sex lines in 27 days! ive been doing that for years and have finally almost done a month. Its possible! We move on. wish i could give out a few extra karmas for my day 30 anyone following would deff get some.

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Re: Destination - 90 days, A human beings journey.
Posted by joetyh - 29 Jan 2022 21:32

bro i can totally relate!!!! i am tripping hard that im almost at 2 weeks!!! lets rock this!!!!

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 30 Jan 2022 11:51

Math equation for the boyz

7 times 4 =?

.....
.....28!!
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~~Ladies and~~ Gentlemen, 4 whole, huge, awesome, fun, pure, weeks!!!!!!!!!!!!!! 2 days is 30! #30 rolls

Warning: Spoiler!

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Re: Destination - 90 days, A human beings journey.
Posted by jackthejew - 30 Jan 2022 11:59

[Human being wrote on 30 Jan 2022 11:51:](#)

Math equation for the boyz

7 times 4 =?

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.....28!!
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~~Ladies and~~ Gentlemen, 4 whole, huge, awesome, fun, pure, weeks!!!!!!!!!!!!!! 2 days is 30! #30 rolls

Warning: Spoiler!

The gemara says that when Hashem kills the Yetzer Hora L'osid Lavo, to Tzadikim it will appear like a giant mountain...

Warning: Spoiler!

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Re: Destination - 90 days, A human beings journey.
Posted by Shtarkandemotional - 30 Jan 2022 23:55

Barambambarara!!! 30 is almost here buddy!!! That means a lot of effort! A lot of retraining you put in! It means the next 30 days will be much easier! It means a lot! Do something extra special this time around! Something you'll really feel! How about a super special shmonei esrei on day 30?! Where you focus extra by the words for a few brachos special for this occasion? That's a celebration you'll feel!

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 31 Jan 2022 10:12

Love the idea!

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 31 Jan 2022 11:54

Day 29 clean!

The last 24 hours where the hardest for sure so far. Last night there a part of me that was really depressed. The challenge with feeling depressed is, that besides for wanting to soothe myself with masturbating, being depressed also makes me not really care about my self or my streak. So the motivation to hold myself back is really lowered.

So what did I do? I told myself that at least I have 1 thing to feel good about; *my streak*. And I told myself that if I were to lose my streak, then I lose the only thing I have that I feel good about.

That helped me in the moment.

Warning: Spoiler!

A quote-

"We can be unhappy. But that's *not* ok. We can also be *happily* unhappy. And that's awesome."

The point is throughout life we are going to have challenges, mood swings, be upset, angry, and a whole bunch of other things. The key is learning to be ok and B'simcha about what we are feeling. Even if the feeling isn't so pleasant. We can have a part of us that's angry or upset, but at the same time have another part of us that's B'simcha even though we are upset.

?Wonderful day to all. See you guys tomorrow at.....30 days!!!!!! I'm so excited!

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Re: Destination - 90 days, A human beings journey.
Posted by Vehkam - 31 Jan 2022 14:28

Thanks for your post. I also get depressed at times and that is when I am weaker. I found your post encouraging. Bh I have been successful in making changes in my life since I started here, but I dreamt some fantasies a couple of nights ago and it reawakened some desires. Bh I did not act on any of those but it's messing with my mind a bit... I no was feeling lonely and came on to get some chizuk and saw your post... thanks again

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 31 Jan 2022 17:29

Going through a really hard time now. the yetzers trying to get me before i get to 30.

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Re: Destination - 90 days, A human beings journey.
Posted by Shtarkandemotional - 31 Jan 2022 17:32

Going through a really hard time now. the yetzers trying to get me before i get to 30.I'm here if

you'd like.

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Re: Destination - 90 days, A human beings journey.
Posted by Shtarkandemotional - 31 Jan 2022 17:33

I'm here if you'd like. You can reach out to me.

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 01 Feb 2022 08:04

Woweeeeeeee!! its day 30! level 5! Bh got past the challenge last night. Moving on. Here come 3 good rolls of sushi!

On to 45 days in 15!

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