

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 TheYoungerTwin - 02 Feb 2022 00:22

[Human being wrote on 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!

this is amazing!!!

keep going strong!

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 02 Feb 2022 10:00

Day #31 #clean and #prettypure

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 03 Feb 2022 10:14

Day #32 #pure #closer2Hashem

I'm going to start posting every 2 days now iyh.

Thanks for all the support guys!

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Re: Destination - 90 days, A human beings journey.
Posted by Hashem Help Me - 03 Feb 2022 12:13

Keep on inspiring the oilam!! You are a hero.

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 05 Feb 2022 20:32

Day #34!!! 6 days to 40!! I'm so happy! 40 times = breaking a middah in Judaism!!!

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 07 Feb 2022 08:00

Day #36 #JustTrynaGetCloser #4 more days till 40!!!

I will never give in. i will never give up. on to 90.

Warning: Spoiler!

After 90 I will iyh' begin working on another thread for "lower level" sexual exploration. But not untill I get to 90 days free from porn, masturbating and phone sex. I have to take it one step at a time.

36 36 36 36 36 days FREE of masturbating, phone sex, porn!! Thank you hashem, I love you!
Please help me get to 40.....45.....50.....70.....90!.....100!.....
..180!!!.....365!!!!.....500!!!!.....1000!!!!.....1000000
0000000!!!!!!!!!!

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

Posted by Human being - 09 Feb 2022 12:31

#Day 38. 2 days out from 40. so excited. going to buy another roll of sushi.

cheers and beers hugs and mugs.

Thank you all for following. You guys give me chizzuk.

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

Posted by Shtarkandemotional - 09 Feb 2022 22:09

You give US chizuk! The way you came here on GYE suddenly and showed us no matter what that - your doing this and you'll succeed! Am yisrael is lucky to have you!

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

Posted by Human being - 11 Feb 2022 10:32

First of all Thank you @shtarkandemotional, thats a nice comment. Your a good person.

So here I am @day 40. This is really significant to me, 40 days is what the torah considers 'Breaking a middah".

I have found that other addictive behaviors I have, namely computer addiction has the same affect on me as masturbation did. It makes me feel so shameful that I have no control. So just pointing out that as I see success in 1 area I'm noticing failures in others. (which is a good thing, in the past I didn't connect my shameful feelings to my addictive behavior)

But a big thing to point out here, is that in the past, my feeling shameful about other addictions and behaviors has led me to phone sex and masturbation [or porn when I have access] to escape from those feelings. (Which obviously led to even worse feelings of shame).

Over the past 40 days-thank god I've not gone there. Thank you everyone for all the support!

On to 90

Good Shabbos. Love, Hugs and more love. Good luck with everyone to get some good rest and

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Re: Destination - 90 days, A human beings journey.
Posted by joetyh - 12 Feb 2022 17:29

MAZAL Tov!!!!!! Get TONZ of sushi!!!! You give me chizzuk because when I see that you reached 40 days now I know that I can, even though right now I'm back in the initial steps of my streak I look at you and I see that it's possible!!!!

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some good cholent.

Re: Destination - 90 days, A human beings journey.
Posted by Human being - 13 Feb 2022 15:06

#Day 42 3 Days till half. :-) :-):-) :-) :-) :-)

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 15 Feb 2022 10:13

Day 44. had a wet dream last night again, overall had a very hard time with clean thoughts last night. Ok somethings are gonna be hard sometimes, i wont always feel good about myself.

Tom is day 45!! cant wait!

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Re: Destination - 90 days, A human beings journey.
Posted by joetyh - 15 Feb 2022 12:49

[Human being wrote on 15 Feb 2022 10:13:](#)

Day 44. had a wet dream last night again, overall had a very hard time with clean thoughts last night. Ok somethings are gonna be hard sometimes, i wont always feel good about myself.

Tom is day 45!! cant wait!

A tip I heard for bad thoughts is not to fight them because than you are putting your brain on that thought rather think about something different (like what kind of sushi you are going to buy) or sing a song

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 17 Feb 2022 14:32

So im here on day 46. 4 days till 50. Past the halfway point

Couple pointers

-Im stopping to really feel that "not masturbating or calling sex lines" is part of my day. Its kind of just become monotonous and not exciting. Its just something i dont do right now. It makes it harder to care about the forum streaks or the struggle in genaral.

-I find chasunas very hard to keep my head in the right place because im craving intimacy and everyone looks cute.

-I find that when i drink I have a very hard time with my mind. Its more of an emotional issue then a kedusha issue, but its intertwined. The pain of craving intimcy and bieng unable and unallowed is intensly painful.

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