

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 5Uu80\*cdwB#^ - 17 Feb 2022 15:04

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Good morning Human being.

Can you avoid going to chasunas?

???, chasunas today, in my experience, are either extremely not ?????, or the type of ????? that's within the letter of the law, but everyone knows that it's not really ?????.

Also, can you avoid drinking? If you are in control of your alcohol consumption, my recommendation is don't drink for any reason except kiddush, arbah cosos, purim, etc. If you are not in control of it, then obviously seek help immediately for that.

Davening for your strength.

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Re: Destination - 90 days, A human beings journey.  
Posted by Human being - 20 Feb 2022 13:11

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@5Uu80\*cdwB#^ Thanks for your reply.

My problem is not with chasunas per se, but rather with *my* challenges at chasunas And yes Bh I'm in control of my drinking. I used to Get drunk quite often. Now its basically only a few times a year when I decide its ok.

On to day 49!! Tomorrow is day 50!

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Re: Destination - 90 days, A human beings journey.  
Posted by Human being - 21 Feb 2022 10:49

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Day 50 level 5 BH!!! On to 60 which is 2/3rds!!

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Re: Destination - 90 days, A human beings journey.  
Posted by Hashem Help Me - 21 Feb 2022 17:31

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Mazel tov on your great accomplishments so far. May Hashem assist you further....

Regarding chasunos, plan wisely. Obviously avoid the ladies'

kabalas panim - even though the better food may be there. If need be, eat something before going to the wedding. Unless it is your brother or closest friend, don't dance into the badeken. Go to the chupa room preferably after everyone is seated and find a place off to the side. After the chupa, and hugging your friend the chassan, stay in the chupa room with the older people - as a side benefit, you can usually get a bracha from one of the Roshei Yeshiva or Rabbanim - or talk with them in learning, being that they are "stuck" there too. Once the room empties out (and sometimes there is a more serious minyan Mincha or Maariv there), you can proceed to

the men's ballroom and enjoy the chasuna. At some weddings, "kaytzad merakdim" causes the mechitza to come down, so unless it is your brother or best friend, move away.

Do not panic, obsess, or make an issue - **ENJOY THE WEDDING!** Just use your seichel and train yourself that it should become second nature to do the things listed above, and similar wise strategies - without making waves.

Of course, if the matzav is unfortunately not a workable one, and one is constantly being triggered by mingling etc., simply leave...

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Re: Destination - 90 days, A human beings journey.  
Posted by Human being - 23 Feb 2022 18:29

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Day #52 # # # # .....90

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Re: Destination - 90 days, A human beings journey.  
Posted by Human being - 25 Feb 2022 12:58

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Its day 54. I am a little down right now because I'm not excited about Shabbos. Also I'm super pissed about the war in Ukraine. Its a little bit of a lack of emuna, but feelings are feelings, we don't choose our feelings. Its getting me a little depressed about the world..... In good news I could vent about that here and let you guys know that i will not pacify myself with ruining my streak.

**Warning: Spoiler!**

Good Shabbos everyone! Warm Hugs And cold beer!

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Re: Destination - 90 days, A human beings journey.  
Posted by Human being - 27 Feb 2022 14:24

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Day 56



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## Day Hashtag 58

I want to be honest with myself, My being on a computer without a filter, even if I avoided porn/sexualizing was triggering. TWITTER IS FREAKIN TRIGGERING. anyways figured id be honest with myself for a minute there.

Just having a harder time the past couple days, been 'edging' and my mind hasn't been clean.

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

Posted by Hashem Help Me - 01 Mar 2022 12:02

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After being on GYE for a while and being focused on getting to the root of these issues, many guys start to realize that when Hashem commanded us "lo sasuru", He didn't mean just pornography.... It is tough to give up conveniences and entertainment we used to rely on, but being honest that is the ratzon Hashem - and that is what b'ezras Hashem will keep us clean. Maybe we can say that deleting these sites and removing access is the 21st century way of bringing a korban..... Hatzlocha buddy. You are learning fast. Become and remain an inspiration for others.

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

Posted by Human being - 01 Mar 2022 18:07

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I made it 58 Days! It did so much for me.

-I now understand there's no need to masturbate

-I look at woman as humans

-I'm open and honest about my struggle

-I know i can do 58 days Which is awesome

- I no longer listen to phone sex (I will iyh Give myself something very special @day 90.

-I will BH get to 58 days again and then on till 90

I'm nervous about how I'm going to function in "real life" with triggers and the like, if when I get into contact with triggers i give up so quick. I will learn. I must learn.

Thank you Hashem. I'm a totally different human being then 58 days ago.

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Re: Destination - 90 days, A human beings journey.  
Posted by Shtarkandemotional - 06 Mar 2022 21:03

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Hey! How've you been? We miss your posts!

also check out a self-talk program that can help you tremendously!  
[guardyoureyes.com/forum/4-On-the-Way-to-90-Days/378128-Captain-Shtarkemotionals-Secret90Day-Challenge](https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/378128-Captain-Shtarkemotionals-Secret90Day-Challenge)

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Re: Destination - 90 days, A human beings journey.  
Posted by Human being - 11 Mar 2022 10:13

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Day number 10! IM so happy about my progress! thank you Hashem!

much love ! Good shabbos

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Re: Destination - 90 days, A human beings journey.  
Posted by Whatamithinking - 11 Mar 2022 18:16

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TWITTER IS FREAKIN TRIGGERING.

Twitter and Reddit are the worst. Both platforms allow nudity and have the same status as a porn site if you ask me. Just because it wasn't built for this purpose doesn't make it ok. When you're looking for it, EVERYTHING is a porn site. Even mishpacha magazine. lol, ok maybe not



that.

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

Posted by Trouble - 11 Mar 2022 19:05

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[Whatamithinking wrote on 11 Mar 2022 18:16:](#)

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as a kid, good housekeeping was as good and sweet as porn

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