

On My Way To 90 Days

Posted by Lost In Search - 02 Feb 2022 02:33

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I decided to start a new thread for this topic.

I am starting my 90 day count today.

I know there will be lot's of falls but that's ok,

I want to have the accountability from others who are following me on my journey.

I have not had a clean week in many months and have been struggling for years, so I don't want to kid myself that I will get to 90 days on my first try. I know there will be countless falls along the way. Hopefully I will reach there one day. But I do want to have the challenge and also have some accountability from others.

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Re: On My Way To 90 Days

Posted by omekhadavar - 02 Feb 2022 04:07

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We will be here rooting for you!!

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Re: On My Way To 90 Days

Posted by Lost In Search - 04 Feb 2022 01:49

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I had a fall last night.

That was quicker then I expected it to be.

On the positive side I did have more than 24 hours clean.

So I restarting the 90 day count again.

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Re: On My Way To 90 Days

Posted by TheYoungerTwin - 04 Feb 2022 03:32

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[Lost In Search wrote on 04 Feb 2022 01:49:](#)

I had a fall last night.

That was quicker then I expected it to be.

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So I restarting the 90 day count again.

when i started posting my 90-day count, i fell immediately as well. pick yourself up and keep going!

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Re: On My Way To 90 Days  
Posted by omekhadavar - 04 Feb 2022 03:58

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[Lost In Search wrote on 04 Feb 2022 01:49:](#)

I had a fall last night.

That was quicker then I expected it to be.

On the positive side I did have more than 24 hours clean.

So I restarting the 90 day count again.

It took me a few times to get on a streak as well.

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Re: On My Way To 90 Days  
Posted by Lost In Search - 06 Feb 2022 11:21

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I had a fall last night, I viewedporn.

I feel very guilty about it, and I know I need to change.

I will try again, and this time around I want to stay off non jewish entertainment sites and see if it helps.

Thanks everyone for your replies

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Re: On My Way To 90 Days

Posted by Lost In Search - 06 Feb 2022 11:29

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[Lost In Search wrote on 06 Feb 2022 11:21:](#)

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Thanks everyone for your replies

I wanted to add a comment, that I wont give up in this fight, and in the end I will see success in getting to 90 days, it might be with lots of blood spilled on the way, and it might not be pretty but I'm a fighter and I'm not one to shy away from failure.

I heard a powerful quote that speaks to me

"Success consists of going from failure to failure without a loss of enthusiasm" - Sir Winston Churchill

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Re: On My Way To 90 Days

Posted by Hashem Help Me - 06 Feb 2022 12:29

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Maybe put your two threads together. Easier for the chevra to follow.... just a suggestion...

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Re: On My Way To 90 Days  
Posted by jackthejew - 06 Feb 2022 13:46

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[Lost In Search wrote on 06 Feb 2022 11:21:](#)

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For those in need of kosher entertainment, Gruntig.com and Aish.com are usually allowed by filters and both have funny and interesting content

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Re: On My Way To 90 Days  
Posted by Markz - 06 Feb 2022 14:58

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[jackthejew wrote on 06 Feb 2022 13:46:](#)

[Lost In Search wrote on 06 Feb 2022 11:21:](#)

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Thanks everyone for your replies

For those in need of kosher entertainment, Gruntig.com and Aish.com are usually allowed by filters and both have funny and interesting content

Both of these have a ton of videos - youtube of course.

Those in need of such entertainment on constant basis can do with getting help on gye and from many other wonderful places.

I assure you that's the right way to go, not continue tubing till it bottoms out... if ever...

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Re: On My Way To 90 Days

Posted by Shtarkandemotional - 06 Feb 2022 15:47

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Hey hey!! Keep it up! I'd suggest taking the following into account...

1. make a system to keep your clarity going. The clearer we are why we don't wanna view porn the easier it'll be stay back. After all the more we don't like something the easier it is to not touch it.

2. learn to keep the triggers more distant from you...

3. making porn not an option always makes the fight so much easier! How about making a vow you'll rip up 20\$ within 24 hrs of viewing porn? This is just an idea of making it not an option.

4. Often we take the lazy way! Realize, we need to stay away from porn on day 1,10,100,1000,10,000 if we want to be successful and that means a lot of work! We gotta prepare in advance for that and think about how you can do that with the top 3 things I listed. I personally DON'T believe that if you do only one of them - you'll see long term success. It takes a strong analytical plan! Keep on going! And keep on looking back at what you can learn from! You got this! There are so many that succeeded! You can too!!

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Re: On My Way To 90 Days

Posted by Lou - 06 Feb 2022 17:12

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[Markz wrote on 06 Feb 2022 14:58:](#)

[jackthejew wrote on 06 Feb 2022 13:46:](#)

[Lost In Search wrote on 06 Feb 2022 11:21:](#)

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Optimally,of course best to avoid leisure time online watching videos.However,if one does feel they need that to help them along for now Gruntig is a great option,if you have a decent filter(Nativ,Techloq). The filter will not allow you to continue to youtube or vimeo etc from Gruntig.

Hatzlocha

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Re: On My Way To 90 Days

Posted by Shtarkandemotional - 06 Feb 2022 19:32

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An example of Daily motivation for porn

1. We will ALWAYS not wanna watch! We are always upset with our behavior! (Since it destroys our hearts and minds and our whole life) The question is when will we tap into it?! Now? Or... after we fall! When we feel like we wish we're buried under the soil.
2. Once we understand that we're gonna always be unhappy with our "watching of porn" we're just giving in to the cycle that we'll always wanna stop so why not just stop?
3. We truly feel horrible since we made an incredibly stupid decision, we feel sticky and ouch! Like why why why! Why did my eyes have to see that!
4. We feel so full of guilt! Like how on earth did i do this?!? And if we're on a good streak we'll hear the words in our head I was doing sooooo well now I'm back here!
5. Sad- how did I ruin everything?! Now I'm back to square one.
6. Worthless- we feel our minds are like a toilet.. or better say - an overloaded sewer system! I'm not capable.
7. We feel angry- how many times are we gonna try!?! How many times do I have to see myself fail! How many day, months and years!!
8. We're overloaded with a whole bunch of extra tayvos now! A whole new video in our brain! The thoughts an cravings that come because of it are absolutely ridiculous!
9. We're ruining a chance to have a clear mind
10. The way breaking free works is because this is very visual the more we stay away the more our brain forgets that high and what it looked like and everything like that! And by keep on falling we don't allow that process to start!
11. We feel like a double standard! Putting on teffilin in the morning and yet doing the biggest aveiros later! It feels like a knife to our heart! We feel so fake! Our sincerity feels like a lie.
12. Ruining a chance to feel free! There's no better feeling of realizing this parsha is behind me! The constant doubts are gone! The ones like "should I fall?! Should I not?!? But maybe! But it's right here!" "I'll just do teshuva right after!" "Oh one video will be enough!" "I'll feel so much better."
13. Ruining a chance to look back and realize how long you came! Trust me it's yetzias mitzrayim! It's a feeling of "wow I'm a real fighter I've been clean for so long"
14. Navigating lust to porn isn't an option cuz we can't have a happy frum marriage and home of kedusha and tranquility etc while having this horrible issue in the way! Which means for the - unmarried guys your only buying time by allowing your mind to turn there since we must gain full full control of this before a happy marriage starts and honestly a happy life starts! And for the married guys- your killing your wife and your killing this golden opportunity of a happy household. - We don't live forever.
15. Porn also means for 99% of people automatically mz"l so it's really killing a lot of birds with this dumb ugly stone.
16. Porn also ruins the chance for intimacy it's trains the brain to love that sexual

excitement and intensity which will only cause issues cuz sexual intensity never lives up to the hype and it will make one's mind become completely distorted.

Don't we wanna avoid all this damage!!?!?!

If you wanna mess up your life - go fall. And I'll see you agree with this in an hour from now... probably, even in 5 minutes from now.

If you wanna stay strong,

Realize this!! It's true.. this doesn't make you happy! Go do something instead of this fake stupidity and at least channel your lust to something better. Go get a good sandwich that you'll actually not kill your life by doing.

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Re: On My Way To 90 Days

Posted by Bilaam Harasha to Yosef Hatzaddik - 06 Feb 2022 21:00

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3. making porn not an option always makes the fight so much easier! How about making a vow you'll rip up 20\$ within 24 hrs of viewing porn? This is just an idea of making it not an option.

If you're interested in something like this see the link of how to get webchaver for free in my signature below through venishmartem and GYE. Although it's free, if it captures any explicit material you will get charged whatever amount you agreed to be charged upon the sign up process (and you choose that amount). The explicit material gets reported by the A.I. which then gets sent to people at GYE and then they verify the fall to make sure you didn't come across that unintentionally and to make sure it wasn't wrongly reported and only then you get charged. You can also add people on top of this to receive your report to add more accountability if for example you think that some of your searches may bypass the A.I. one way or another, it can still be identified by the person you set as your ally. I recommend getting a mentor maybe to help with this who works with or for GYE so if he identifies any explicit material that went undetected by the A.I. he can report that to GYE to charge you the amount you agreed to so you're held accountable.

If you already knew about this and tried it, sorry I didn't know.

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Re: On My Way To 90 Days

Posted by MenachemGYE - 06 Feb 2022 21:53

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@Bilaam Harasha to Yosef Hatzaddik, thanks for all your helpful posts! I just wanted to point out that currently the KBA system is run completely by Webchaver (they have non-Jews who verify the reports, and the fines also go to them).

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