

Starting 90 days let's go!
Posted by Larry Bird - 20 Mar 2022 22:54

Had a fall last night. Today was day 1

=====
=====

Re: Starting 90 days let's go!
Posted by Larry Bird - 30 Mar 2022 03:20

Today didn't come without challenges. Bh I wasn't very tempted in regards to looking at illicit views. But it was full of life challenges. Career challenges. What I used to do was resort to p and m to medicate my feelings, and put off what had to be handled. What ive tried to do recently is to just sit in the feeling of being faced with a challenge. I used to go out and watch. I Bh am working through my feelings. Day 6 of many. Hatzlacha to all.

=====
=====

Re: Starting 90 days let's go!
Posted by pattycake - 30 Mar 2022 23:41

you got this! I just started also.

=====
=====

Re: Starting 90 days let's go!
Posted by Larry Bird - 31 Mar 2022 00:12

Nice! Let's do it together!!

=====
=====

Re: Starting 90 days let's go!
Posted by pattycake - 31 Mar 2022 00:20

love the user name btw:like:

=====
=====

Re: Starting 90 days let's go!
Posted by Larry Bird - 31 Mar 2022 00:52

Thanks. I put lots of thought into it:) about 3 seconds!

=====
=====

Re: Starting 90 days let's go!
Posted by Larry Bird - 31 Mar 2022 03:37

Slow day today. Felt like everything was a drag. Nothing was working out. Obstacles all over. Throughout the day I got frustrated a few times. But I tried to quickly change my way of thinking. Tonight, I wanted to watch a game. Was gonna go to a bar like the old days. I haven't sat at a bar with a beer watching a game in forever. I was craving that chill. I knew that it would not be a good place for me. I didn't end up going. More because I couldn't get myself to leave the house once I got home. So I watched the game at home. We'll why do women broadcast hosts these days dress so provocatively? I had to look away multiple times. Still on the train though. The journey is difficult. Day by day. Day 7 of many. Good luck to all. Please give feedback.

thanks for listening.

=====
=====

Re: Starting 90 days let's go!
Posted by Hashem Help Me - 31 Mar 2022 11:09

It is very normal as we break free from all the hyper stimulation that pornography and masturbation offer, to feel an emptiness, a drag. Exercising until you raise your heart rate (usually about 25 minutes or so), can help fill that void - not completely, but enough to raise one's spirits. Another excellent thing to do in this matzav is to simply call a friend and share that you are having a down day. getting it off your chest, getting some validation, and hearing that others have down days, will all b'ezras Hashem help you get through this temporary phase.

=====
=====

Re: Starting 90 days let's go!
Posted by Larry Bird - 31 Mar 2022 11:42

Thank you for the tips!!!

=====
=====

Re: Starting 90 days let's go!
Posted by pattycake - 31 Mar 2022 12:10

yeah well said always feels like a drag when having a taivah and trying to break free. our brain's get used to it and when they don't get the release they make us all blah when we hold back.

=====
=====

Re: Starting 90 days let's go!
Posted by pattycake - 31 Mar 2022 12:32

but it doesnt usually last so long, meaning the longer its been the less blah.

=====
=====

Re: Starting 90 days let's go!
Posted by Larry Bird - 01 Apr 2022 04:32

Day 8: still going! I really want to be done with this addiction. Phone calls really helped me a lot today. Tonight was feel extra anxious, I searched for porn on google. BARUCH HASHEM I didn't press any websites for a few seconds while I was contemplating my actions. Right away clicked off. I don't know how I got that strength. Toughest thing ever. Bh still going! Day 8 of many. Hatzlacha to all. Thanks for listening.

=====
=====

Re: Starting 90 days let's go!
Posted by Vehkam - 01 Apr 2022 10:31

That is amazing that you have gotten the awareness to the point where you were able to stop even after you searched.

Is there any way to put some filters and/or accountability software on the computer?

While the real work is internal, that extra fence is invaluable during times of weakness.

=====
=====

Re: Starting 90 days let's go!
Posted by Hashem Help Me - 01 Apr 2022 11:04

Many guys here find that a good filter coupled with webchaver or other accountability program work very well as deterrents.

=====
=====

Re: Starting 90 days let's go!
Posted by pattycake - 01 Apr 2022 19:21

wow youre good larry! thats reallly impressive!

=====
=====