

7

Posted by 01 - 03 Jun 2022 08:53

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7 clean days

bh

thank you all for your help

it's been damn hard

but I thought it impossible

And clearly it's not

things that make it harder:

bored

tired

free time alone with internet devices

sad with life

things that help a little:

knowing that free p won't satisfy me, and eventually I would land on paid p (cam sites) again, which is very destructive

and that I have no money and have debts (rent)

and that I would like to upgrade (replace) my phone and computer

and still owe my dentist a huge amount

oh and a more or less decent aversion, has been speed chess online. The adrenaline rush is quite something. (Please feel free to challenge me! Lichess.org, my username is shalegunfire, )

I personally won't count masturbation towards 90 clean days. Quitting both paid AND free p  
would be absolutely huge for me.

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