

90 day goal

Posted by shabbos-is-the-best - 25 Dec 2022 20:27

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Hi there,

I've been on GYE for a while and I've read many different threads. It's inspiring to see many people fighting this battle.

I'm single and in my mid-20's and I struggle with consuming sexual content from the internet every so often. I've had techniques which have worked in the past to get me through long stretches of being clean. These techniques have included installing filters and accountability software, putting money away until I reach a certain goal, or speaking with a rebbi / therapist about the struggle.

The reason I'm posting today is to have accountability with real (anonymous) people as an additional motivation. I'm interested to reach 90 days (and more) clean.

I'm starting from day 1 today, and I'm setting a goal for the next 7 days to not masturbate or consume sexual content (i.e. porn, pictures, movie sex-scenes) from the internet.

Wish me luck

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Re: Hello

Posted by jackthejew - 25 Dec 2022 20:32

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Hi! Welcome! We're all rooting for you! Sounds like you've gone through many useful methods of stopping. Please Check out the toolbox tab for some other interesting techniques. Hatzlacha!

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Re: 90 day goal  
Posted by Human being - 26 Dec 2022 22:12

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Welcome! we are happy you decided to join!

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Re: 90 day goal  
Posted by shabbos-is-the-best - 29 Dec 2022 15:27

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Accountability post.

Bh 4 days clean

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Re: 90 day goal  
Posted by Eerie - 29 Dec 2022 16:55

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Keep it up my friend! You are an inspiration to us all!

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Re: 90 day goal  
Posted by shabbos-is-the-best - 01 Jan 2023 18:18

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Bh clean for 7 days, and hope to keep going!

I'm looking for tips and encouragement to stay motivated because based on past experiences I usually have a fall every few weeks..

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Re: 90 day goal  
Posted by Eerie - 01 Jan 2023 19:45

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Advice I learned from Vehkam: read a piece of "the battle of the generation" (or a similar book that provides inspiration and tips for this battle)every day. It will help from becoming complacent. Keep trucking my friend!

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Re: 90 day goal  
Posted by DavidT - 01 Jan 2023 19:51

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[shabbos-is-the-best wrote on 01 Jan 2023 18:18:](#)

Bh clean for 7 days, and hope to keep going!

I'm looking for tips and encouragement to stay motivated because based on past experiences I usually have a fall every few weeks..

Seven days is a significant win! You can read the recovery stories on this site to see that many people have successfully broken free of these behaviors. We must truly want to break free of this Mitzrayim. Chazal say that those who didn't want to leave Mitzrayim died in the plague of darkness. Already at the outset of our journey, we must be determined that we will never give up and always keep trying, no matter what. R' Tzadok HaKohen of Lublin writes (Tzidkas Hatzadik 154): "Just as one must believe in Hashem, so too, one must believe in himself!" Hashem wants us to BELIEVE in our strengths, our capabilities, and in our ability to overcome evil and achieve greatness. Although we might feel stuck, determination is completely up to us.

The trick to ultimate success is only to want enough.

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Re: 90 day goal  
Posted by shabbos-is-the-best - 06 Jan 2023 16:49

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Accountability post:

12 days clean.

Thank you everyone following my thread. It gives me encouragement to keep going.

Wishing everyone a good shabbos!

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Re: 90 day goal  
Posted by Eerie - 06 Jan 2023 21:02

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keep going strong, my holy friend! have a wonderful, holy Shabbos!

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Re: 90 day goal  
Posted by Hashem Help Me - 08 Jan 2023 12:22

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Welcome. Keep inspiring the chevra here. Stay connected for accountability.

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Re: 90 day goal  
Posted by shabbos-is-the-best - 16 Jan 2023 05:35

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21 days clean.

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Re: 90 day goal  
Posted by ytw - 16 Jan 2023 15:04

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Wow, that's 3 weeks clean. amazing, keep it up buddy.

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Re: 90 day goal  
Posted by redfaced - 23 Jul 2023 02:37

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How you doing?

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