90 days and beyond here I come!
Posted by Hashem give me koach - 14 May 2023 18:39

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Bh I have been clean from watching p for almost 2 whole years now!!!!!!

Baruch Hashem.

But in the past 6 months I started struggling with m..... and I so badly want to be clean. I really really really want to, but what I really need is motivation and I usually have great motivation but at the minute I just can't seem to motivate myself properly. Being in yeshiva comes with being bored sometimes at the end of a long day. Just for the record I only m in bed so I try so hard when I am feeling weak to stay away from bed at all costs but it isn't always easy but that doesn't mean I can't over come it. I liked a tip I saw just now on one of the forums that whenever a person holds back and guards himself from this filthy horrible Schmitz then at that moment he should use the time to Daven to Hahsem. That is what I plan to do if chas va Sholom the y"h tries to pull me down.

Wish me me luck I am now beginning the start of my 90 days and bezh I will be mechazek myself and become better person.

All the best

Hashem gave me koach

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Re: 90 days and beyond here I come!
Posted by Hashem Gave Me Koach - 11 Jun 2024 00:19

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Day 1 - Bh I have had a an amazing day I had a few urges but very mild, I know this is the quiet before the storm and I know that I need to stay alert and keep on posting on how am I doing.

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Re: 90 days and beyond here I come!
Posted by Heeling - 11 Jun 2024 02:01

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Hey!

Nice! Day 1 is always the hardest. Kudos! and yes please keep us in the loop. No kvetch to smell.

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Re: 90 days and beyond here I come!
Posted by Hashem Gave Me Koach - 16 Jun 2024 01:07

Day 5 - Urges have been up down. bh I overcame them and didn't act upon them!

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Re: 90 days and beyond here I come!
Posted by Heeling - 17 Jun 2024 20:50

Hashem Gave Me Koach wrote on 16 Jun 2024 01:07**:**

Day 5 - Urges have been up down. bh I overcame them and didn't act upon them!

Gevaldig! Keep climbing,

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Re: 90 days and beyond here I come!
Posted by JARES90 - 18 Jun 2024 04:24

Keep pushing!

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