

The journey

Posted by JARES90 - 18 Jun 2024 01:26

I keep having setbacks and I really need accountability. Therefore gonna try to post a daily update starting tom on my journey to 90. Really hope you guys can be there along the way to offer chizzuk and advice. This is the only thing I can think of right now to keep me from falling into depression about my latest fall

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Re: The journey

Posted by JARES90 - 26 Jun 2024 04:11

Day 8: we good, another day. Trying to not thing about the future and the grind ahead

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Re: The journey

Posted by JARES90 - 28 Jun 2024 13:31

Day 9: honestly today felt some cravings. Didn't materialize in anything so that was good. Was in the airport the whole day so that could've generated those feeling. Trying to remain strong for the coming day. Ik I want this but all in all it's still hard.

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Re: The journey

Posted by JARES90 - 30 Jun 2024 03:51

Day 10: strong clean

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Re: The journey

Posted by JARES90 - 30 Jun 2024 03:55

Day 11: had a clean day but had some fantasies and stuff. Pushed it out of my head and just moved on, idk how to really feel about that kind of stuff my priority is limiting inappropriate content from screens and the internet. As bad as fantasies may be they feel more natural and feel less improper than porn. Not justifying or accepting them just stating how I feel. Still clean day!

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Re: The journey
Posted by amevakesh - 30 Jun 2024 04:12

You're doing AMAZING. Don't let the fantasies detract from your success. It's only the YH sputtering and throwing whatever's left in his arsenal to try to make you feel down about yourself. You're a hero for fighting this battle, and don't let him tell you otherwise. By the way, over time, the fantasies decrease, both in severity and in frequency. Rock on buddy! You got this! KOMT!!!

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Re: The journey
Posted by JARES90 - 01 Jul 2024 04:14

Day 12: missed the count. Had a clean day

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Re: The journey
Posted by JARES90 - 01 Jul 2024 04:16

Day 13: had a great day. Just felt pure. Listened to a shiur on kedusha for added motivation. Pretty crazy tomorrow is 2 weeks. Still not thinking long term, gotta take it day by day.

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Re: The journey
Posted by JARES90 - 02 Jul 2024 02:30

Day 14: 2 weeks!!! Bh another strong day

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Re: The journey
Posted by Heeling - 02 Jul 2024 13:58

[JARES90 wrote on 02 Jul 2024 02:30:](#)

Day 14: 2 weeks!!! Bh another strong day

Amazing! Keep rocking!!

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Re: The journey
Posted by JARES90 - 03 Jul 2024 16:17

Day 15: good, trying to stay focused.

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Re: The journey
Posted by JARES90 - 04 Jul 2024 04:50

Day 16: hardest day so far, was feeling urges the whole day but kept pushing it off and distracting myself. I thought I was it the clear but later tn I came downstairs and the computer was unlocked I looked a little bit (bad) but didn't c much. After a while I got my wit and just shut it off. So i can't get back on. Usually I'd be like the damage is done but I just can't afford to have this mindset rn. Minor setback in the grand scheme of things. I slipped got keep going for now I'm leaving this day blank. If I can make it clean to shabbos that's my teshuva and I'm keeping the count

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Re: The journey
Posted by JARES90 - 04 Jul 2024 05:25

Just have to remind myself from time to time, when the feelings of the last fall are fleeting. ITS NOT WORTH IT

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Re: The journey
Posted by JARES90 - 07 Jul 2024 04:42

Day 17+18: really hard days, mostly tn. Still hanging on

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Re: The journey
Posted by JARES90 - 07 Jul 2024 04:50

So sick right now of the grind. To be honest. Trying to stay positive and limit potential pitfalls but sometimes it just feels so overwhelming. Sometimes i feel so clean and strong and then just as I establish a groove this thing comes back with a vengeance.

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