

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 - 22 Jul 2024 04:46

Honestly ya, just felt different. Felt fulfillment.

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Re: The journey

Posted by JARES90 - 22 Jul 2024 04:52

My main struggle is the search to find inappropriate content online. Like the rush of beating a filter. But as of recently once I beat the filter, I just didn't even want to look. It was like all the excitement was getting to the point where I can look but know that I can and I did, it just felt off. Now I've gotten to a point where I have just blocked or cut off all the known shortcuts and am just trying not go on that hunt that lk will end up leaving me completely unsatisfied.these past 2 weeks have been pretty good, every once and a while I'll c something soft core but do me it doesn't feel like a setback I can see I'm getting progressively better even with these minor setbacks and overall I feel pretty good. I'm wary of the long run bec these slips can just come out of no where but I also know that you have to have a more collective approach to this sugya and view it through the wider lens than just streaks

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Re: The journey

Posted by JARES90 - 22 Jul 2024 04:54

Day 15: struggled a little, was bored. I tried to make plans to be busy but it didn't work out. Still held on and finished the night really strong

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Re: The journey

Posted by JARES90 - 23 Jul 2024 06:28

Day 16: solid day

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Re: The journey

Posted by Muttel - 23 Jul 2024 13:23

[JARES90 wrote on 22 Jul 2024 04:52:](#)

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I really identify with the struggle of looking to beat a filter... Do you have a daily accountability partner? For me, steady accountability and connection **actually minimize the draw and struggle.**

Just figured I'll share my experience here as it may help you or someone else....

Here's wishing you continued success in containing, taming, and indeed vanquishing this cursed creature, forever!

With brotherly love,

Muttel

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Re: The journey

Posted by JARES90 - 02 Aug 2024 04:42

Hey, still here

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Re: The journey

Posted by JARES90 - 08 Aug 2024 01:34

I'm still here

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Re: The journey

Posted by JARES90 - 08 Aug 2024 01:35

15 day break from gye but I'm still here, just felt like I needed to step away for a sec and just breathe. Felt like the constant counting was always on my mind and putting pressure on my self

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Re: The journey

Posted by JARES90 - 08 Aug 2024 01:37

These last 15 days have been pretty good. Last couple days have been shaky, not going to lie. But didn't M and looked at a little soft core but stopped before it got to far. Filters are all in place and I'm just going to keep going. I guess this is day 31. Will really try to use daily update for accountability.

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Re: The journey

Posted by JARES90 - 08 Aug 2024 01:39

Just seeing and feeling the effort and restrain I need as a single guy in my 20s. Im really proud of myself that initially I had a pure 76 days when I first signed up for gye. Pretty wild

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Re: The journey

Posted by Muttel - 08 Aug 2024 07:50

Absolutely, that's an accomplishment you can be super proud of!

Ashrecha that you're fighting this beast now at your age, and not waiting until you're my age.....

Here's wishing you tons of success in fighting off this bedeviled villain, forever!

With lots of brotherly love,

Muttel

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Re: The journey

Posted by JARES90 - 29 Aug 2024 14:08

Alright, today is day 52. Had a fall last night. Just not in my normal setting and a lot of triggering stuff around. Hoping to bounce back. I restarted my streak counter but I'm keeping the days going here.

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Re: The journey

Posted by JARES90 - 29 Aug 2024 14:10

The fall was sort of an accident and I didn't look at p. So I have that. Just kind of sucks how if u let ur guard for a sec the whole situation can change.

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Re: The journey

Posted by JARES90 - 01 Sep 2024 06:17

Starting new count tom. Need hischadshus. Gonn imyh try to post daily. Last couple days have been tough but need to get over the hump.

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