

End game journey 90 days

Posted by rocky21 - 04 Sep 2024 16:18

Ok so yesterday I won bh and right after a terrible fail and so usually there is no way you fail after you fail like crazy(at least for me) but my internet filter was taken off that day so I wanted so watch so badly but somehow I won bh and I was so happy today will be the 2nd clean day bh and I'm felling pretty horny rn so hoping I will be able to hold back

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Re: End game journey 90 days

Posted by rocky21 - 17 Oct 2024 16:45

So it's funny cause 3 days after I make a knanos I failed so I don't think those work for me it has to come from me

If anyone knows how to turn off incangto that would help me so much more then a filter hosntly

With that being said, it hurt my succos so much I could have been so happy but literally I was mamish taken over, I heard a voice screaming in my head "please don't" but it was so mofold and like being pushed back.

I'm so pissed like I literally want hashem to take me like no joking

I did get to 40 that's the first time I did in half a year but still I used to be clean for 6 months like it was nothing

I want to watch again now because I don't have a streak anyway even tho I know how stupid it is

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Re: End game journey 90 days

Posted by rocky21 - 18 Oct 2024 08:53

1 day clean.

Yesterday I had a tough time because it's always hard for me to stay clean when I don't have a streak to protect but I knew I didn't want it.

I feel like it's so not fair that I lost my 43 day streak because of 5 minutes it's so not fair all the hours and days I spent fighting myself only to loose that beautiful streak in 5 minutes so no fair.

Anyway I need a way to block incognito if anyone knows and honestly I feel so done with this stupid thing, maybe it's better to put my energy in to working on myself to say it's ok so I don't have to be so depressed like I am today even after fighting so hard last night to stay clean that ky brain literally felt like it was going to explode and I still feel terrible so maybe I should have just watched

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Re: End game journey 90 days

Posted by rocky21 - 19 Oct 2024 16:33

2 days clean

I was thinking today I wished I was at 40 days clean but last week when I was at 40 days clean I even wrote here that I wish I can fast forward and be clean for 90 days so I guess one day at a time

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Re: End game journey 90 days

Posted by avifl - 19 Oct 2024 20:01

Don't know what to say other than the fact that I can feel the pain coming out of your posts. All I can say is that I am moved by your struggle, the drive you have to kick this habit is really powerful and you will no doubt go far... (further than you have already, of course. 42 days is no simple walk in the park. and no, you haven't lost those days, as hard as it is to feel that way)

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Re: End game journey 90 days

Posted by richtig - 20 Oct 2024 00:48

[rocky21 wrote on 18 Oct 2024 08:53:](#)

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My friend, I mamash feel you! Been there... A couple of months ago I was conflicted about whether I should focus on trying to stop or getting rid of the shame of doing it...

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Re: End game journey 90 days

Posted by rocky21 - 21 Oct 2024 04:13

Day 4 clean

Really want to fall cause what the hell is even a 4 day streak

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Re: End game journey 90 days

Posted by Muttel - 21 Oct 2024 09:27

I get your feeling there bro...

Next week it'll be 11, then 18... We're really looking to change our insides and become changed people... the streak, though it can be extremely motivating, is secondary....

With brotherly love,

Muttel

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Re: End game journey 90 days

Posted by rocky21 - 21 Oct 2024 20:10

Guys I just failed again....

I'm actually "happy" about this cause now I feel like I got more power to do more things to go in the right direction

My previous fall 4 days ago I was too busy carrying over my streak but now I already emailed about a filter and bh will get it! HAVE TO GET IT

2:I'm going to talk to HHM bh

3 hopefully meeting up with yiftach next week bh

Guys I would love more more strategy's I tried the shvua it doesn't work for me I need something concrete to fight for

My wife and my future family isn't real enough for me I need like to fight for something I can physically I guess

Like last time I was clean for 5 years my parents knew about it and if I failed I would have to tell them and that would kill me

So tzadkim please I need help

I KNOW THIS IS THE ONE I will be 44 days clean when I finish the army (I have 44 days left) and start the next chapter clean with 44 days streak but a healthy mind

I AM CLEAN

For now and forever

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Re: End game journey 90 days
Posted by rocky21 - 21 Oct 2024 20:41

Something else I realized is that my falls were more intense because I lost my streak that's a problem unfortunately that I love streaks so much

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Re: End game journey 90 days
Posted by yiftach - 21 Oct 2024 23:37

3 hopefully meeting up with yiftach next week bh

It don't hafta be next week. Avail wheneva, brotha.

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Re: End game journey 90 days
Posted by rocky21 - 22 Oct 2024 09:43

Starting the fresh start today with already urges but I realized not to be like "wtf how do you have urges right after you failed you perv" but to say it's natural I can't control my urge just take deep breaths and get on with your day

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Re: End game journey 90 days

Posted by rocky21 - 23 Oct 2024 10:49

First day clean on the way to 2 days clean and of course 90 but one day at a time.

My problem last time is that I wanted to be at 90 already and was mad I was only half way there therefore hopefully just today I will be clean because as mater oogway said

"Yesterday is history tomorrow is a mystery but today is a gift that's why it's called the present"

and I Will give myself a present and today not watch anything inappropriate

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Re: End game journey 90 days

Posted by upanddown - 23 Oct 2024 11:56

[rocky21 wrote on 21 Oct 2024 20:10:](#)

..... **but now I already emailed about a filter and bh will get it! HAVE TO GET IT**

Great move rocky!

Like the Esrog (which is compared to a Tzaddik) it has a very thick peel and only a bit of flesh - **setting up protections** for oneself is what makes a person a ????, it shows that he's taking it seriously.

Wishing you a Gut Yom Tov and tons of Hatzlacha!

UpAndDown

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Re: End game journey 90 days

Posted by rocky21 - 24 Oct 2024 16:58

Day 2 clean

The urges are wilding

Once I broke the barrier and watch p on my phone it's like that door is open it's hard to close it

I'm still waiting for a answe from Gye about the filter

But I will win this by myself

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