

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 - 30 Dec 2024 07:18

Day 63 clean bh!

So quick update yesterday I had a 24 hour shift with that girl and I did what I said I would do and didn't talk about anything deep and I kept to myself and read a book and let me just say it was the most boring day I had in a very long time we literally just sat and didn't say a word and it's funny because you would think if I took the right steps and remove myself from triggering situations it would be easier but since taking the step back my urges have doubled

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Re: End game journey 90 days

Posted by Muttel - 30 Dec 2024 09:20

That's real success! The urges doubling is difficult, but doesn't take away form your win....

Reach out to one of the GYE mentors here to talk more about how to calm the urges...

Much hatzlacha with all!

Muttel

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Re: End game journey 90 days

Posted by rocky21 - 31 Dec 2024 14:53

Day 64 clean bh!

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Re: End game journey 90 days

Posted by Muttel - 31 Dec 2024 14:56

Rock on, Rocky!!!

We're rooting hard for your sustained success!

With much brotherly love,

Muttel

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Re: End game journey 90 days

Posted by rocky21 - 01 Jan 2025 17:48

Day 65 clean bh

I have never been more sure that watching is not what I truly want but It just won't leave the door step he keeps on knocking and knocking hoping for a different answer from me

Like I understand that urges will be there but like I want it to be even easier for me to brush them off

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Re: End game journey 90 days

Posted by anonymousushi - 03 Jan 2025 15:55

The stronger you become, the more desperate the yetzer gets.

keep it up, you Gavra you!

?You're a real inspiration!

?looking forward to hearing more about your holy battles and subsequent victories.

Warning: Spoiler!

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Re: End game journey 90 days

Posted by BenHashemBH - 03 Jan 2025 17:33

[rocky21 wrote on 01 Jan 2025 17:48:](#)

Day 65 clean bh

I have never been more sure that **watching is not what I truly want** but It just won't leave the door step he keeps on knocking and knocking hoping for a different answer from me

Like I understand that urges will be there but like I want it to be even easier for me to brush them off

Shalom Brother Rocky,

Might I ask what it is that you **do** truly want?

Perhaps focusing on what you want to say 'yes' to in life and not only saying 'no' will help you escape the loop.

Hatzlacha and keep on Rocking!

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Re: End game journey 90 days
Posted by rocky21 - 04 Jan 2025 16:18

Shavua tov

Day 68 clean

Answering your amazing question @benhashembh

I want to get married, I want to build a family, I want to be truly happy with myself and not feeling that I'm doing things against my will

I truly want to do what I know is right and that is not watching so I can't do all the above and be successful in life

Thank you all so much and looking forward getting the next day clean

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Re: End game journey 90 days
Posted by chaimoigen - 04 Jan 2025 23:48

Hey Rocky,

Just wanted to reach out with a warm hand and say hi.

I'm catching up on your thread and I'm full of admiration for your self awareness and the way that you are working on yourself. you're a special guy!

Want to echo what some of the illustrious guys have written recently- offense works better than defense! Keeping your true goals and aspirations in mind, focusing on what makes you feel truly good (long term), and what will help you achieve the happiness you truly want, that's a way that helps combat the enticement that gets projected for short term "feel good" sugar rush to watch inappropriate content, engage in flirty interactions and similar...

Have you tried reading The Battle of the Generation?

Wishing you a lot of continued success!

Here's a warm hand,

Chaim Oigen

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Re: End game journey 90 days

Posted by rocky21 - 05 Jan 2025 16:49

Thank you very much for taking the time to write that

Yes I have read the book thanks to yiftach who gave it to me

And now is day 69 clean bh

I will try to always remind myself not what I'm "missing out" on but what I'm gaining bezH

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Re: End game journey 90 days

Posted by rocky21 - 06 Jan 2025 06:08

70 days clean bh!!!!!!

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Re: End game journey 90 days

Posted by Hashem Help Me - 08 Jan 2025 00:57

How is our hero doing?

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Re: End game journey 90 days

Posted by BenHashemBH - 22 Jan 2025 02:25

Dear Brother,

Would love to hear from you.

Hope all is well

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Re: End game journey 90 days

Posted by rocky21 - 22 Jan 2025 11:57

Thank you to all those who are asking me how I'm doing

So two weeks ago I fell and lost my 71 day streak I was so pissed and it was so embarrassing for me to write it so I thought maybe for this time I will not log on to Gye and maybe disconnect from this oylam for awhile obviously still fighting the battle, anyway I just fell today so obviously wasn't so smart to leave you awesome people

I honestly don't know where to go from here

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