

GYE - Guard Your Eyes

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Day One I think is the scariest
Posted by onajourney - 11 Sep 2024 17:17

I have never focused on counting days, just general self control. I am excited to see how this goes, nervous that it may not go well at all

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Re: Day One I think is the scariest
Posted by stopsurvivingstartliving - 11 Sep 2024 17:26

Welcome aboard to the warmest family in klal yisroel!

I actually found the 90 day thread very helpful. I wish you good luck fighting the battle.

Maybe reach out to a mentor over here (the biggest of them all @ micgelgerner@gmail.com) for chizuk, inspiration, accountability and change of perspective towards porn and masturbation.

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Re: Day One I think is the scariest
Posted by onajourney - 12 Sep 2024 10:39

Thank you! On to Day Two!

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