

MAGA! Make Aynayim Great Again

Posted by time2win - 16 Jan 2025 22:59

Happy to share that I am on day 15 of my journey to 90 days! So far it's been pretty easy.

I confess that I am using artificial motivation as a rocket booster in my recovery. I made a deal that if I reach 90 days, I'll buy myself an expensive piece of fitness equipment (I'm a fitness buff). It's not really in my budget, but, what the heck, YOLO right?

Anyway, will post my origin story in the intro forum topic when I get the chance. It's pretty long so will need to come in installations.

Have a good shabbos y'all :-)

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Re: MAGA! Make Aynayim Great Again

Posted by mickey30 - 21 Mar 2025 02:55

hey the way you set it up with such positivity and focus on ur wins and succes and how much more than the falls, thats really really inspiring. its so smart and healthy. thats how you WIN!!!

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Re: MAGA! Make Aynayim Great Again

Posted by mickey30 - 21 Mar 2025 02:58

WOW!! you nailed my feelings. i never knew how to put it into words till i saw your post. i used to run away from unfiltered internet(which is good) but i got crushed if i ever had unfilterred internet bec i saw it as an oppurtunity. Thank u!

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Re: MAGA! Make Aynayim Great Again
Posted by time2win - 21 Mar 2025 18:32

Cumulative Stats

Current Streak: 3 wins

Total Wins: 74 days

Total Losses: 5 days

Winning Percentage: 93.67%

Today's positive action towards recovery:

Verbally reviewed my motivations for quitting

Have a good shabbos everyone

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Re: MAGA! Make Aynayim Great Again
Posted by yitzchokm - 21 Mar 2025 19:06

Once you hit a total of 90 days including the days you had a setback calculate your percentage for the last 90 days and not for all of your days. It will give you a better picture of where you are holding and it will allow you to reach 100%.

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Re: MAGA! Make Aynayim Great Again
Posted by time2win - 24 Mar 2025 17:14

Cumulative Stats

Current Streak: 6 wins

Total Wins: 77 days

Total Losses: 5 days

Winning Percentage: 93.90%

Today's positive action towards recovery:

2 minute mindfulness breathing exercise

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Re: MAGA! Make Aynayim Great Again
Posted by superyid - 27 Mar 2025 22:05

Love that title :D Hatzlacha with your journey!!

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Re: MAGA! Make Aynayim Great Again
Posted by time2win - 28 Mar 2025 01:26

Cumulative Stats Current Streak: 10 wins Total Wins: 81 days Total Losses: 5 days Winning
Percentage: 94.19% Today's positive action towards recovery: Starting reading the recovery
book "Mindshift" have a good Shabbos everyone

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Re: MAGA! Make Aynayim Great Again
Posted by time2win - 28 Mar 2025 01:29

Cumulative Stats

Current Streak: 10 wins

Total Wins: 81 days

Total Losses: 5 days

Winning Percentage: 94.19%

Today's positive action towards recovery: Starting reading the recovery book "Mindshift"

have a good Shabbos everyone

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Re: MAGA! Make Aynayim Great Again
Posted by time2win - 02 Apr 2025 23:18

Cumulative Stats

Current Streak: 1 loss

Total Wins: 85 days

Total Losses: 6 days

Winning Percentage: 93.41%

Today's positive action towards recovery:

pushups for stress relief.

was triggered yesterday by some stupid April fools nonsense (on LinkedIn of all places). Wasn't looking for trouble. Did some urge surfing and survived yesterday, but caved today:-)

I guess I'm just not that motivated to take it to the next level:-/ it's so easy to rationalize an occasional relapse, plus the benefits of quitting are subtle but the sweet escape of porn and masturbation is anything but subtle.

If my wife knew about my addiction, I wouldn't need to be so secretive about my recovery efforts. I wish I could join a chabura or go to SA or something, but that's not possible without her finding out

Meh. Still spinning my wheels at the moment. Anyway, tomorrow is a new day.

Time2Win

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Re: MAGA! Make Aynayim Great Again

Posted by proudyungerman - 02 Apr 2025 23:46

Cumulative Stats

Current Streak: 1 loss

Total Wins: 85 days

Total Losses: 6 days

Winning Percentage: 93.41%

Today's positive action towards recovery:

pushups for stress relief.

was triggered yesterday by some stupid April fools nonsense (on LinkedIn of all places). Wasn't looking for trouble. Did some urge surfing and survived yesterday, but caved today:-(

I guess I'm just not that motivated to take it to the next level:-/ it's so easy to rationalize an occasional relapse, plus the benefits of quitting are subtle but the sweet escape of porn and masturbation is anything but subtle.

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Meh. Still spinning my wheels at the moment. Anyway, tomorrow is a new day.

Time2WinSorry to hear about your current relapse...

Have you considered joining the Vaad?

Many of the guys gain from the chabura/oilam aspect of it.

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Re: MAGA! Make Aynayim Great Again

Posted by proudyungerman - 02 Apr 2025 23:49

[time2win wrote on 02 Apr 2025 23:18:](#)

Cumulative Stats

Current Streak: 1 loss

Total Wins: 85 days

Total Losses: 6 days

Winning Percentage: 93.41%

Today's positive action towards recovery:

pushups for stress relief.

was triggered yesterday by some stupid April fools nonsense (on LinkedIn of all places). Wasn't looking for trouble. Did some urge surfing and survived yesterday, but caved today:-)

I guess I'm just not that motivated to take it to the next level:-/ it's so easy to rationalize an occasional relapse, plus the benefits of quitting are subtle but the sweet escape of porn and masturbation is anything but subtle.

If my wife knew about my addiction, I wouldn't need to be so secretive about my recovery efforts. **I wish I could join a chabura** or go to SA or something, but that's not possible without her finding out

Meh. Still spinning my wheels at the moment. Anyway, tomorrow is a new day.

Time2Win

Have you considered joining the [Vaad](#)?

There are different time slots (with more on the way!) that may enable you to join without compromising on your secrecy.

Many of the guys gain alot from the oilam/chavershaft aspect of it.

Reach out to me or [Shem](#) for more details.

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Re: MAGA! Make Aynayim Great Again
Posted by BenHashemBH - 07 May 2025 17:37

[time2win wrote on 20 Mar 2025 11:50:](#)

If I don't check in for a few days, please text me on my google voice # at 410-357-1788 to make sure I haven't fallen off the map. Many Thanks, A groyse shkoyach, much appreciated.

Time2Win

This is the problem with flat-Earth.

If you can see the dangling rope, go ahead and grab it Brother.

Hope all is well.

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Re: MAGA! Make Aynayim Great Again
Posted by time2win - 14 May 2025 00:39

Cumulative Stats

Current Streak: 2 wins

Total Wins: 116 days

Total Losses: 14 days

Winning Percentage: 89.23%

Today's positive action towards recovery:

30 minutes of cardio for stress relief

been struggling since my last post. Been playing whack-a-mole trying to close off access points to porn. Seems like every time I cut one off and have a clear path to 90 days ahead of me, I (without seeking one) encounter a new access point in one way or another. It's frustrating living in such a digitally connected world. The internet is everywhere

As of yesterday, things are pretty well locked up. For now anyway...

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Re: MAGA! Make Aynayim Great Again
Posted by chosemyshem - 14 May 2025 12:51

Oh boy. Whack-a-mole. Do I know that feeling or what.

What I've noticed is that once I start going looking it's already too far down the slippery slope. Whether or not I find access, once I start looking I'll continue until I get it and reset the binge-

bust cycle. Not every time I start looking does that happen, but too often.

How to stop starting looking?

One attitude that I've had occasional success with is recognizing that the internet is everywhere and I *can* get access whenever I want. So if I can get access whenever, this device here is not an opportunity that needs to be seized. It's just another device, that I don't need to "just check" if the loophole is there. Doesn't work every time, but works some of the time.

Other options might be thinking creatively to remove opportunities. I mean things like using the internet in public places, not bringing your phone into bed or the bathroom etc.

Hatzlacha!

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