

Let's give it a shot

Posted by sytv2002 - 11 Mar 2025 17:01

Hey everyone. I'm going to try something new. I will commit to commenting on here every day for 90 days. I've already fallen today so starting tomorrow will be day 1. Do I think I can get to 90 days clean? Not really no. Not at all actually. But let's see what happens. But win or lose, I'll give a daily update. Would love all to join me.

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Re: Let's give it a shot

Posted by chaimoigen - 21 Apr 2025 16:31

[sytv2002 wrote on 21 Apr 2025 05:13:](#)

Oy... just oy.... It's crazy how I could have such a big win earlier today, when I got hit with a big urge while in the bathroom- and said "NO!" And stayed clean, and then motzei YT I fall apart and the urge wins. With P. **It wasn't even an urge. Just some robotic feeling that I "MUST" act out.** Like I didn't have a choice. So I poke. And then I find something which naturally gives me an urge; to which I act out on. Happy for my 3 (almost 4) clean day streak... onward we fight.

Oish. That hurt. Here's a warm hand...

Was there a situation that triggered the feeling you described above? That made you feel you "needed" to find something to act out to?

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Re: Let's give it a shot

Posted by sytv2002 - Yesterday 14:39

Day 29 posting... Day 2 clean...

Reb Chaim, there wasn't really any feeling at all. Like I said, just robotic. Like I NEED to. No feeling of an urge anywhere it was more like "this is what's happening whether you like it or not"

As for today's update... yesterday had its ups and downs. I had a really big win, where I sensed myself getting into a dangerous circle, and broke out of it before it got there. No poking or anything. But before and after that challenge I have been poking around and despite not actually watching P, I don't know if I'd call what I did "clean". Again at night, more poking, and even started M but honestly was too tired and that's probably the only reason I wasn't MZL. Day 2...?

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