

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 - 22 Apr 2025 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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Re: Let's give it a shot

Posted by sytv2002 - 23 Apr 2025 21:54

Day 30 posting... Day 1 clean... 30 days in of posting. Just reflecting on the first trimester. Had 2 streaks of 4 days over YT. I mean I don't remember the last time I've done that so that must mean progress. I've been connecting more on this platform and reaching out to mentors. Still working on actually speaking to mentors on the phone but we'll get there. I'm restarting shidduchim with a date tonight so we'll see how this added factor plays a role in my recovery. lyh will have an even better next 30 days.

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Re: Let's give it a shot

Posted by sytv2002 - 24 Apr 2025 15:22

Day 31 posting... day 2 clean

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Re: Let's give it a shot

Posted by sytv2002 - 25 Apr 2025 16:59

Day 32 posting... day 1 clean... love going to the mikvah erev shabbos.

side note, anyone else have people in their lives that you would consider close friends but they consistently make plans with other close friends hence leaving you out? Like "forgetting to invite you"? I feel like a teenage girl lol. No wonder I feel so lonely, and I'm sure that contributes to my urges. These trust issues will eat me alive. Well hey, now I want to get married so much

more. Just to have that best friend, that partner. The “us against the world type”. I know she’ll let me down at times, that’s natural. I just want to bottom line to be that we are each others priority. No more of this childhood pain. I need my life partner. Or at least just some real friends until then.

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Re: Let’s give it a shot

Posted by sytv2002 - 27 Apr 2025 01:34

Day 33 posting... day 2 clean

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Re: Let’s give it a shot

Posted by sytv2002 - 27 Apr 2025 22:45

Day 34 posting... day 1 clean

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Re: Let’s give it a shot

Posted by sytv2002 - 28 Apr 2025 16:35

Day 35 posting... day 2 clean... bh had a few wins over the past 24 hours

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Re: Let’s give it a shot

Posted by sytv2002 - 29 Apr 2025 04:39

Hoping beyond hope that the pain I’m in now is enough of a kaparah for the terrible things I just did. I wish I could feel this pain BEFORE I let myself indulge in watching the most obscene of the actions of these reshaim. Even scarier, one of the scenes I witnessed made it seem warm and loving, maybe what real life is like. I’m not married. I don’t know what being with my wife will be like. But Chalilah I compare it to pornography. I understand that they have no similarities

whatsoever, and the fact that I had the thought of comparison shows that my mind is submitting that this is my reality. I DONT WANT THIS. HASHEM I WANT TO BE CLEAN. Why do I do this to myself. Maybe if something hard happened today. Maybe if I was triggered even. Then I'd have an excuse. I DIDNT. I had a great day. Hashem showered me with bracha today and I was so happy. This is how I repay him??? I'm so so sorry. I can't believe myself. I wasn't even triggered. Just had an itch to create an itch. And of course it snowballed. Please whoever's still reading this just daven for me. Say some tehillim for me. Reach out. I need help.

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Re: Let's give it a shot

Posted by vehkam - 29 Apr 2025 13:53

it is crucial that you focus on the future and not wallow in guilt for what you have done in the past. Don't beat yourself up for having normal urges. Please try to identify some things that you can do differently when you feel that itch. Plan on how you are going to react and be prepared to follow through. What are you doing daily to strengthen your commitment to kedusha?

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Re: Let's give it a shot

Posted by sytv2002 - 29 Apr 2025 14:28

Day 36 posting... day 1 clean... still hurting from last night but ready to make the most of my day

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Re: Let's give it a shot

Posted by sytv2002 - 30 Apr 2025 14:37

Day 37 posting... day 2 clean... a little extra motivation today

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Re: Let's give it a shot

Posted by sytv2002 - 01 May 2025 14:24

Day 38 posting... day 3 clean... yesterdays motivation holding on regarding p, not so sure about m...

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Re: Let's give it a shot

Posted by Muttel - 02 May 2025 13:28

Just to reinforce what Vehkam posted above, motivation sourced in guilt is bound to fail... It's kedai to reach out to one of the mentors here to get the proper perspective and tools to remain clean and conquer this damned beast...

Here's hoping you have sustained success,

Muttel

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