

Let's give it a shot

Posted by sytv2002 - 11 Mar 2025 17:01

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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 sytv2002 - 04 May 2025 01:39

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Day 40 posting... Day 2 clean

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Re: Let's give it a shot

Posted by hytoo - 04 May 2025 02:05

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Keep on fighting!!

We all can do it and feel free!

Bh here 152 days!

Let's keep on doing this great great avodah!

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Re: Let's give it a shot

Posted by sytv2002 - 04 May 2025 13:58

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Day 41 posting... Day 3 clean\*

asterisk being last night was an absolute rollercoaster. Did I poke? Yes. Did I see an image I

shouldn't have? Yes. So why am I counting it as a clean day? I don't know maybe I shouldn't. I did not watch any videos. But I stepped into the shower before bed knowing I'm going to M. I even started the act. But then the good thoughts came and they came strong. "It's uncomfortable but the feeling after will be so much worse. You don't need to do it." There were more even. I took a deep breath and let the good thoughts win. I told myself that if I held back I'd be mochel the image I saw earlier. It was so hard. But I just didn't do it. Bh I finished my shower and went to sleep. So yea... day 3 clean

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Re: Let's give it a shot

Posted by sytv2002 - 05 May 2025 14:35

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Day 42 posting... Day 1 clean

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Re: Let's give it a shot

Posted by sytv2002 - 06 May 2025 14:47

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Day 43 posting... day 2 clean... Chasdei Hashem so proud of myself for last night. Felt some urges coming on but was motivated (not by guilt

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Re: Let's give it a shot

Posted by youknowwho - 06 May 2025 17:03

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[chosemyschem wrote on 09 Apr 2025 18:58:](#)

[chosemyschem wrote on 27 Mar 2025 15:52:](#)

[sytv2002 wrote on 27 Mar 2025 15:43:](#)

Day 6 49 43 posting... day 3 clean... not feeling so strong. I don't know if I'll make it today...

Totally normal to have that feeling.

Question is only this: What are you going to do now, while you feel weak but before the time you are really tempted to act out, to make yourself strong?

Some suggestions: Call a friend/mentor and share how you feel. Listen to a Vayimaen, read TBOTG, or whichever chizzuk makes you feel pumped. Talk to Hashem and surrender these negative feelings and ask for strength to get through this day. Get busy, plan a schedule that keeps you out and about in safe places. Read the new "Mindshift" book.

Above all KOOOOOOOOOOOOOOT!!

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Re: Let's give it a shot

Posted by sytv2002 - 06 May 2025 19:42

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Another fall, posting here as accountability... yes I feel like garbage. Yes I'm angry at my actions and how they've set back my goal. I wish my motivations were stronger. But I'm still proud. Of how I fought yesterday. This whole week really. Had some really tough battles that I won. Those are kidushei Hashem that will never be erased. But for now, I'll be working on erasing this chillul Hashem... oy

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Re: Let's give it a shot

Posted by sytv2002 - 07 May 2025 13:58

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Day 44 posting... day 1 clean...

curious what you guys think about the connection between pornography and shidduchim. Or if there is none... I'm learning to believe there is none, and believing that there IS a connection actually makes the fight against pornography worse. Thoughts?

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Re: Let's give it a shot

Posted by BenHashemBH - 07 May 2025 14:45

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[sytv2002 wrote on 07 May 2025 13:58:](#)

Day 44 posting... day 1 clean...

curious what you guys think about the connection between pornography and shidduchim. Or if there is none... I'm learning to believe there is none, and believing that there IS a connection actually makes the fight against pornography worse. Thoughts?

Shalom Brother,

That's a good thing to think about and try to figure out how it is or isn't (or perhaps more accurately: shouldn't be) connected.

What exactly do you mean when you say "connection" ?

It's good to have motivation to stop, though you also need to manage any stress and pressure that could be negative. If thinking that having an issue with pornography means I'll mess up my shidduchim - that could motivate inner work and real change, or external panic and worry.

What thought dominates?

- If I don't figure this out, I'm destroying my future.
- If I can pick myself up and get a handle on this, my future will be better.

The 'connection' to shidduchim could also be a connection to many areas of life. Yeshiva, marriage, kids, davening, learning, avodah, job, self.

If the connection for you is making the fight against pornography worse, I'd suspect that it's leaving you feeling negative in an unhelpful way, but it would be good to know more specifically what your thought process is.

Kol Tov

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Re: Let's give it a shot  
Posted by sytv2002 - 08 May 2025 13:30

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Day 44 posting... day 2 clean... gonna be a tough day. Bh already had big win

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Re: Let's give it a shot

Posted by kavey - 08 May 2025 14:12

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[sytv2002 wrote on 07 May 2025 13:58:](#)

Day 44 posting... day 1 clean...

curious what you guys think about the connection between pornography and shidduchim. Or if there is none... I'm learning to believe there is none, and believing that there IS a connection actually makes the fight against pornography worse. Thoughts?

Do you mean, can a girl tell that you have a problem with porn? Probably not.

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Re: Let's give it a shot

Posted by sytv2002 - 09 May 2025 18:19

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Day 45 posting... day 1 clean...

not if she can tell, but stam is there a connection between pornography and shidduchim. And if your doing one should you be doing the other

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Re: Let's give it a shot

Posted by sytv2002 - 11 May 2025 03:55

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Day 46 posting... Day 2 clean

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Re: Let's give it a shot

Posted by sytv2002 - 11 May 2025 13:50

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Day 47 posting... Day 1 clean

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