

Going Clear - Journey to 90

Posted by redrobin - 02 Apr 2025 18:51

So I am at day fourteen today. The first week was hell. Some of the tools I am using:

1. **ChatGPT** - Super useful in many ways like being mechazek, painting the picture of sobriety vs acting out and a useful ear to listen
2. **This Forum** - A place for fellowship where I can offer Chizuk and a tool I can use to share my journey and be useful to others who may find value in it.
3. **The day counter** - I want to keep pressing that button that says I am still free of using porn and masturbation and upping my day count

Thats all for now really. I have connected to one person who reached out to me and spoke to me and that was super useful. I will reach out more when I feel ready. in the meantime I'll post here. Thanks for listening. Have a great day.

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Re: Going Clear - Journey to 90

Posted by yerushalmikugel - 03 Apr 2025 00:04

Sounds like you got yourself set up...

Looking forward to hearing you succeed!

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