

90 Days-Be"H, But I can't do it w/o YOU by my side

Posted by mesayinoso - 17 Jul 2025 13:15

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Hi everyone!

Looking for some support and Chizuk on my 90 day journey. (You can check out my [Story](#) in the "Introduce yourself" section)

After about a 2 month streak of no M I fell for a few days. BH no P for over a month.

Back on track now, day 4 of no M!

I have an Amazing Mentor.

Started reading TBOTG, great book.

I've read pretty much every Shmiras Einayim book out there, but this is something else.

I find that most of my struggles with M are when I go to bed at night, even if I was careful not to be "Looking around" all day.

I'll lay down, finally relax, and **BOOM** the YH is there: "Come on, you need it to relax", and "Just one more time never hurt anyone, you can always get back up, you have the GYE Forum to support you" and "If you 'fight' me for the next 10+ minutes you'll just be more tired tomorrow so just get it over with, act out now, and then you can fall asleep".

Anyone have similar experiences? What works for you?

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side

Posted by BenHashemBH - 23 Jul 2025 18:59

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It will be hard to appreciate success in the shadow of fears of future failures that haven't happened. You will deal with the next thing when it comes. For now, let yourself be present in the moment of succeeding against a powerful yetzer hara and appreciate what that accomplishment means. Feeling good is a powerful tool in fighting this battle with a healthy approach long-term.

Have you taken a look at the book The Battle of the Generation?

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side  
Posted by mesayinoso - 27 Jul 2025 14:44

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Day 14!

Thx everyone who has responded here so far, I really appreciate the connections and Chizuk.

Keep 'em coming!

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side  
Posted by mesayinoso - 27 Jul 2025 14:45

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[BenHashemBH wrote on 23 Jul 2025 18:59:](#)

It will be hard to appreciate success in the shadow of fears of future failures that haven't happened. You will deal with the next thing when it comes. For now, let yourself be present in the moment of succeeding against a powerful yetzer hara and appreciate what that accomplishment means. Feeling good is a powerful tool in fighting this battle with a healthy approach long-term.

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Well said.

Yes, I am in the middle of the book.

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side

Posted by mesayinoso - 30 Jul 2025 14:07

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Good morning Oilam!

Day 17, still fighting.

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side

Posted by hollyari - 30 Jul 2025 17:11

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This hit deep. The honesty, the back-and-forth—you put real words to the struggle.

Just know: *Me A* might never fully go away, but *Me B* gets stronger every time you say no. You're not failing—you're *training*. And each night you win, you're rewriting everything.

Keep climbing, brother. You're not alone. Day 17!!! That's a rock! day 18 is already proud of you.

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side

Posted by mesayinoso - 01 Aug 2025 13:02

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Day 19!

Looking forward to a Kedusha filled Shabbos.

Not without some Nisyonos, but as the GYE email so eloquently pointed out: It's ok, normal, and expected to have *thoughts* and *desires* of acting out, but I have the *choice* to say "no" to those thoughts of the YH. I won't act on those thoughts, even though it's uncomfortable and not fun in the moment, that doesn't mean I have to do it, and I don't even have to get rid of those thoughts, I can just not listen to them. It's way worth it in the long run, and it's what the real me wants!

Your hopeful friend, Mesayinoso.

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side  
Posted by mesayinoso - 04 Aug 2025 16:19

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Day 22!

Going strong but still struggling with feeling like I'm "Missing out" instead of feeling free.

Any books/shiurim/vids that this Oilam of tzaddikim could recommend? (Besides TBOTG)

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side  
Posted by kavey - 04 Aug 2025 18:20

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For me it helps to look beyond the glitz and think about what a relationship with the object of my fantasy would be like...yuck! And then what...it's just the sex act?

I really like the recorded shiurim of R' Avigdor Miller on Chovos HaLevavos. Costs money though...

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side  
Posted by vehkam - 04 Aug 2025 18:52

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[mesayinoso wrote on 04 Aug 2025 16:19:](#)

Day 22!

Going strong but still struggling with feeling like I'm "Missing out" instead of feeling free.

Any books/shiurim/vids that this Oilam of tzaddikim could recommend? (Besides TBOTG)

Try talking it out with some chevra

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side  
Posted by mesayinoso - 08 Aug 2025 16:14

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Day 26!!!

BH!!

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side  
Posted by mesayinoso - 10 Aug 2025 18:56

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27 days, then fell yesterday... P and M.

So annoying, but spoke to my mentor and getting back on track IYH.

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side  
Posted by mesayinoso - 15 Aug 2025 16:05

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Let's do this again!

Day 5 BH

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side  
Posted by gibor1836 - 15 Aug 2025 20:02

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Keep it up! We're rooting for you!

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side  
Posted by mesayinoso - 20 Aug 2025 13:50

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Just went 9 days clean, then fell a few minutes ago, watched some things I shouldn't have then  
M...

Feeling like a failure... this struggle is so long and hard, seems like never ending...

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