

Anyone else?

Posted by littlebylittle - 30 Jun 2019 11:58

I had this huge urge to look at p and i downloaded and just before watching i contemplated watching without mzl now could it be that bad? But then i remembered i will have to reset my day count on gye!! Will it be worth it? So i deleted everything..... and then i woke up!!! Thank you gye!!!!

anyone else had such experiances?

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Re: Anyone else?

Posted by GrowStrong - 30 Jun 2019 14:39

yes

this morning i masturbated and then had to tell everyone i lost my sobriety and contemplated how difficult it would be for me to stay sober today without the willingness

Then i woke up!

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Re: Anyone else?

Posted by Gevura Shebyesod - 30 Jun 2019 15:10

Not lately, but in the past I had such dreams many times.

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Re: Anyone else?

Posted by Mosheisgood - 07 Jul 2019 16:57

Normal in the beginning, I think. Had a few such dreams in the beginning but B"H when not white knuckling it's not usually something I'm thinking about during the day....

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Re: Anyone else?

Posted by David26fr - 09 Jul 2019 07:37

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Re: Anyone else?

Posted by littlebylittle - 09 Jul 2019 18:34

No it wasnt a dream it was a nightmare! (A nightmare with a good ending:laughing:)

B"H the lust attacks are becoming less and less! So just a sidenote even after 90 days your still not home and dry... it helps because it shows you can do it but you always have to be on guard!

may we all go from strengthbto strength!

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