

40 days and 40 nights

Posted by Gibor_Kaari - 01 May 2020 15:17

Hello dear Brethren,

I have deleted several posts I made previously in 2 other threads because I thought that I was engaging in this blame thing, blaming just about everything and anyone that I could blame. Maybe it had some truth in it, maybe it didn't but I realized that this wasn't helpful for me on a personal level and didn't make me achieve any of my goals and aspirations.

?I think that I should now concentrate on how I will stop watching porn and masturbate. These are two habits that are negative and wrong, and blaming others is not helpful. I shouldn't blame anyone, even myself. Blaming will not solve the problem, and expecting the entire community to change for the better even though is a great aspiration it is too far fetched to expect any real change in the short term. I shouldn't condition my progress based on any external situations. Rather I believe, that I should focus on solving this problem practically and effectively to the best of my ability.

I therefore create this thread titled 40 days and 40 nights in order to begin climbing this mountain of redemption. Just as it takes 40 days for a new life to form in the womb, just like it took Moses 40 days and 40 nights to achieve a greater closeness to God and receive the Torah for our people, I therefore initiate this new road to redemption and rejuvenation a sort of a spiritual and physical awakening and cleansing.

?I will post my progress on this thread. Everyone who wants to participate in this goal is more than welcome, you can all post until we reach our goal of 40 days clean of any porn and masturbation. I think that this is helpful because we can all help and encourage and motivate each other all under one thread.

If you're already are clean for several days or even surpassed the 40 days goal, you can still participate and begin entering your clean days from today starting from 1.

I think the 90 days chart is not working for me because everyone is somewhere else in the chart, but I think that there is a great benefit with doing this together from day 1 until day 40 (you can certainly do more days if you can, no problem)

?If no one wants to participate that is ok too, I will put up my progress on this thread regardless. I hope that Hashem gives me the strength and the will power to reach the peak of this mountain and achieve this goal.

I therefore enter the first day clean from today:

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Lets join forces and climb this mountain together!

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Re: 40 days and 40 nights
Posted by wilnevergiveup - 17 May 2020 17:55

Well, how has your journey been otherwise?

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Re: 40 days and 40 nights
Posted by Ihavestrength - 17 May 2020 19:25

Hey dude. Congrats on a successful streak! KOT

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Re: 40 days and 40 nights
Posted by Gibor_Kaari - 17 May 2020 22:14

[wilnevergiveup wrote on 17 May 2020 17:55:](#)

Well, how has your journey been otherwise?

I am very happy that I was able to do a 2 week clean streak even though my initial goal was 40 days. I am not giving up , I will try to reach this level with God's help I will be successful.

?I will tackle it from tomorrow IYH with a new beginning hopefully this time around I will reach my goal.

Thanks for the support!

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Re: 40 days and 40 nights

Posted by Gibor_Kaari - 17 May 2020 22:15

[lhavestrength wrote on 17 May 2020 19:25:](#)

Hey dude. Congrats on a successful streak! KOT

Thanks!

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Re: 40 days and 40 nights

Posted by wilnevergiveup - 18 May 2020 04:28

Awesome, lets get that first day on the chart!

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Re: 40 days and 40 nights

Posted by Gibor_Kaari - 18 May 2020 15:05

With renewed hopes and prayer I thereby begin my second attempt to reach my goal of 40 days clean.

Day 1 Clean!

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Re: 40 days and 40 nights

Posted by Gibor_Kaari - 19 May 2020 14:08

Getting back to the momentum is not as easy. I will take some time for reflection, and get back with renewed hopes and perspective.

The road to success is bumpy full of challenges, maybe it was meant to be this way. But hopefully I will climb this mountain one day because I know that I truly want to achieve this. ???
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Thanks

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Re: 40 days and 40 nights

Posted by Shmuel - 19 May 2020 16:10

Thank you for sharing your journey here!!

The road to success is definitely full of bumps and challenges. It is that way by design.

?What i learned and helps me, is to kind chart my feelings and emotions and start identifying what moods im in leading up to stronger temptations. This way i can preempt it.

I also got in the habit of having what i call my "battle plan". Basically, its a very simple and easy practice that i use to distract myself when i feel my mind wondering in the wrong direction. For example, if out and about i see something inappropriate (which inevitably happen) ill just start saying some tehilim by heart to distract my mind from what i just saw. or if im at work and im feeling tempted to online ill call a friend to chat...

These are some methods i use together with hashems help to stay ahead of the challenges. Dont know if this is useful for anyone else but i thought id share

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Re: 40 days and 40 nights
Posted by DavidT - 19 May 2020 20:13

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The SMART recovery program recommends keeping an urge log. An urge log is a table with the following columns:

- Date / time
- Strength of urge (1-10)
- Length of urge
- What triggered my urge
- Where/who was I with
- How I copied and my feelings about coping
- Alternative activities/substitute behaviors.

By keeping such a log for a few days, you can start identifying your triggers, and update your plan as needed.

12-steps programs talk about **H.A.L.T.** which means "Don't become too Hungry, Angry, Lonely, or Tired." SMART Recovery also talks about **B.A.D.S.** (Boredom, Anxiety, Depression, Stress). Do you find your urges are more common when you have one of these feelings? If yes, you might want to update your plan to include strategies of how to deal with it.

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Re: 40 days and 40 nights

Posted by Gibor_Kaari - 20 May 2020 01:25

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Thank you for your comments!

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