

My journey

Posted by willdoit - 12 Jan 2021 16:01

Hello,

I am in need for advice, I Am up to 67 days clean b"H after being 150 days clean and fell.

I Am having it very tough for the last week, the urge to mb is literally unbearable, Keeping on pushing, but it's soo hard.

Wanna share what i'm doing to stay clean, and would really appreciate if someone would show me where i'm going wrong.

So when the urge comes I would work on being mindful, like, not chasing it away nor acting on it just letting it be and refocus to stay present at what i'm doing. However, the problem with this is that when i am not involved in doing something active, I just don't have on what to refocus and then the urge becomes so tough.

I would really appreciate your input.

Thankyou,

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Re: My journey

Posted by Sapy - 25 Jan 2021 23:11

These are very true and smart points, and being able to tell it to yourself while your down, is amazing. saying this while feeling good to another fellow is one thing but saying it to yourself is something else...

keep us updated, hope your feeling better soon!

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Re: My journey

Posted by change bochur - 25 Jan 2021 23:58

[ColinColin wrote on 25 Jan 2021 23:11:](#)

I think being self critical is a common trait amongst us on this Forum.

We have to learn to conduct a sensible Cheshbon Hanefesh, without being too harsh.

If we put ourselves down, it can lead to depression which can lead to sin.

We have to remind ourselves of our good points.

I really love something I heard from one of my rebbeim that ????? ???? is NOT on action but on our NEFESH. @willdoit's nefesh is doing really well now! All that fighting ODAAT, letting go, davening etc.

Keep up the good inspiring work willdoit

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Re: My journey

Posted by willdoit - 26 Jan 2021 19:19

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Re: My journey

Posted by Ish MiGrodno - 26 Jan 2021 21:12

He has guided me as well toward a completely new experience.

And I too, look forward to meeting him BEZH in a couple weeks.

Cant wait to celebrate with you in 9 days!

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Re: My journey

Posted by willdoit - 28 Jan 2021 16:48

I had a simchah last night and saw some well dressed women and I really got carried away and today I keep obsessing about what I saw.

?This is something that I keep stumbling on, no matter how many times I promise not to look I just keep on giving in.

Any advice on how to stick to Guarding my eyes??

Thank you!

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Re: My journey

Posted by Hashem Help Me - 28 Jan 2021 23:20

Thank Hashem that he made beautiful people, then daven that they have an easy life - nachs from their kids, financial peace, feel well, etc... This will remind you that they are **people** with lives of their own - not your **toys**. Obviously, do your best to look away, but at all costs - **do not obsess or panic about this**. That's exactly what your yetzer hara wants you to do. Accept the nisayon and ride its waves.

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Re: My journey

Posted by willdoit - 04 Feb 2021 22:11

Hello,

Just to share, I got to 90 days clean from mb and porn b"h.

?To be honest, I did have some serious slips here and there and was really close to falling but hashem saved me.

Thanks to you my dear friends for being there for me when in need.

Thank you Hashem!!

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Re: My journey

Posted by Lou - 04 Feb 2021 22:25

Mazal Tov! May this be the beginning of a long ,clean healthy life beH!

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Re: My journey

Posted by anothershot - 04 Feb 2021 22:45

[willdoit wrote on 04 Feb 2021 22:11:](#)

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Mazal Tov! Keep going strong brother!

How are you celebrating this huge milestone?

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Re: My journey

Posted by Zedj - 05 Feb 2021 06:48

MAZEL TOV!

May you go from strength to strength!

90 days is a huge milestone however the YH doesn't magically disappear in thin air. He will nag and beg but now that 90 days have passed you realize you can live without the garbage.

I myself haven't got to 90 days but I'm certain the YH will show up to say hello. Just now you can react in a healthy way.

Keep strong and keep being an inspiration!

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Re: My journey

Posted by willdoit - 05 Feb 2021 15:21

Thank you all for these nice bruches.

May hashem help us all stay clean and give us the clarity on how to deal with this monster Y"H.

Yours truly

Willdoit,

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Re: My journey

Posted by willdoit - 05 Feb 2021 15:33

[Zedj wrote on 05 Feb 2021 06:48:](#)

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Keep strong and keep being an inspiration!

Very well said!

This is actually my 3rd time making it to 90 days, I went as far as 150 days and fell. So 90 days is none magic number. But it certainly shows us that we could live without it and with time going by it DOES get easier though.

But even then the urges do revisit here and there and we need to be on guard and keep in mind what worked for us and stick to it.

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Re: My journey

Posted by Sapy - 05 Feb 2021 15:34

Big Mazel tov!!! May you be able to stay clean, and grow with harchuvas hadaas! And iyh by all of us!

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Re: My journey

Posted by willdoit - 05 Feb 2021 15:38

[Sapy wrote on 05 Feb 2021 15:34:](#)

Big Mazel tov!!! May you be able to stay clean, and grow with harchuvas hadaas! And iyh by all of us!

Thank you!

?Waiting to celebrate with you in 74 days ly"h.

One day at a time!

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Re: My journey

Posted by Trouble - 16 Feb 2021 19:27

[willdoit wrote on 05 Feb 2021 15:33:](#)

[Zedj wrote on 05 Feb 2021 06:48:](#)

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But even then the urges do revisit here and there and we need to be on guard and keep in mind what worked for us and stick to it.

Hey, thanks for the chat today; you seem like a swell guy!

Nice on your milestones.

You were about to tell me the tools you use to stay sober; I'll look here later, as in this thread it just seemed that you're trying to control the urge when it comes, which is good and more than I can say for myself right now, but I was wondering about the proactive methods that you use.

Thanks so much

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