

My journey

Posted by willdoit - 12 Jan 2021 16:01

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Re: My journey

Posted by willdoit - 16 Feb 2021 22:18

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[Trouble wrote on 16 Feb 2021 19:27:](#)

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

[Zedj wrote on 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!

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.

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

Hey Trouble,

T'was a pleasure chatting, you seem to be like someone who really wants to be good and to stay away from TROUBLE not sure why you named yourself as such.

Thanks for your question, will try to respond soon ly"h.

Best of luck,

Willdoit,

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Re: My journey

Posted by willdoit - 11 May 2021 14:59

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Re: My journey  
Posted by Hashem Help Me - 12 May 2021 11:05

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So obviously these interactions were at least 186 days ago or more (you wrote "years ago").  
Being that we have not noticed any sheriff warrants publicizing your picture as "WANTED - Mr

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Re: My journey  
Posted by Grant400 - 12 May 2021 15:33

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Is there any way for anyone to prove it was you behind the screen?

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Re: My journey  
Posted by willdoit - 12 May 2021 21:04

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Willdoit from Yehupitz", i think you are safe buddy.

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Re: My journey  
Posted by Grant400 - 12 May 2021 21:43

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[willdoit wrote on 12 May 2021 21:04:](#)

[Grant400 wrote on 12 May 2021 15:33:](#)

Is there any way for anyone to prove it was you behind the screen?

Hey Grant,

?It was on a skype account, which was linked to my email address...

So is there anyway to prove you were the one? I could've used your account...I doubt that would be considered "evidence". Besides it's just anxiety, I highly doubt there is area for concern.

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Re: My journey

Posted by willdoit - 12 May 2021 21:51

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Re: My journey

Posted by bm263 - 12 May 2021 22:10

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[willdoit wrote on 12 May 2021 21:51:](#)

[Grant400 wrote on 12 May 2021 21:43:](#)

[willdoit wrote on 12 May 2021 21:04:](#)

[Grant400 wrote on 12 May 2021 15:33:](#)

Is there any way for anyone to prove it was you behind the screen?

Hey Grant,

?It was on a skype account, which was linked to my email address...

So is there anyway to prove you were the one? I could've used your account...I doubt that would be considered "evidence". Besides it's just anxiety, I highly doubt there is area for concern.

Thank you for taking ur time to give thought to my situation...

But dont we see in the news - constantly - bout people getting arrested for sexting, How were they caught?

It's usually when they compound the mistake by running for public office...

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Re: My journey

Posted by mggsbms - 12 May 2021 23:23

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It's anxiety thats for sure. Someone would need to report on it and there's no reason anyone should especially if the age wasn't discussed, there is no way such a case can be prosecuted. That being said I think this conversation should be had in PM.

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Re: My journey

Posted by willdoit - 26 May 2021 15:15

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Hello,

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Re: My journey

Posted by Snowflake - 26 May 2021 16:22

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These 200 days are stored in Shomoyim and are your eydim of your hard work. Don't let yourself get demotivated. Shake off the dust, and pick yourself up. No point (at all) in beating yourself up! Perhaps find out what led you to your fall and try to up your shmira in that point, but if fall last night with mb after being clean for 200 days. Have nothing to add, its all my fault... that's it. Keep inspiring everyone!

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Re: My journey

Posted by #makelifegreatagain - 26 May 2021 16:35

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Falling at this point is painful, but you've got a lot of things going for you: You now know you can go a really long time without falling, you can still use the momentum from your streak to make an even longer streak, and now you know one more way that you can fall that you'll be much more careful with the next time around

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Re: My journey

Posted by #makelifegreatagain - 26 May 2021 16:36

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Falling at this point is painful, but you've got a lot of things going for you: You now know you can go a really long time without falling, you can still use the momentum from your streak to make an even longer streak, and now you know one more way that you can fall that you'll be much

more careful with the next time around

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Re: My journey

Posted by Grant400 - 26 May 2021 20:27

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Oy! It hurts! I just had the same after over a year. I spoke to HHM and he told me something which picked me up a bit. You are still the same person. You are still a guy who doesn't masturbate. You may have given in, but that doesn't change who you are. Just as a guy who comes on time to davening for 200 days, then oversleeps on day 201, doesn't immediately change to being a tardy fellow who doesn't value davening. He is the same on time guy, who came late once.

Come on time tomorrow my friend.

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Re: My journey

Posted by DavidT - 26 May 2021 20:54

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It is misguided to think that the entire goal of life is to not mess up. Had that been the case, Hashem would not have bothered to create us, and He definitely wouldn't have created challenges. Rather, the proper perspective is the positive: that our goal in life is to accomplish, and that self-control is one of the greatest acts we can do. By cashing in on this opportunity, you can become a great person, and having sinned doesn't take that away. Greatness is in your hands! Remember that not too many people actually resist strong urges just because they know they should. Most people who appear unaffected by desire either don't face it to a strong extent or actually give in to their desires in private.

If past sins that we no longer commit still gnaw at our conscience and make us feel down about ourselves, we must do a proper teshuva and move on. We must stop beating ourselves up, even if "that horrific sin" was our fault. Hashem created us knowing that we might make many bad mistakes. That is why He created teshuva. When you do teshuva, He forgives you and no longer holds your sin against you.

After repenting, we must no longer feel inferior for our wrongdoings. Instead, we should be proud that we admitted our mistakes and resolved not to repeat them. We should also take pride in the effort we invested to change despite the difficulty of kicking old habits. Past sins leave over powerful desires, and it takes constant vigilance to control them. This makes the accomplishment even greater.

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