

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 willdoit - 16 Feb 2021 22:18

[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 - Yesterday 14:59

Hi all,

I am b"h up to 186 days clean from mb and porn.

I have something that is on my mind and making me very stressed and anxious, iam literally obsessing bout this all day

Years ago I used to chat here and there on skype with random people and as you can imagine it wasn't about a dvar torah. Recently I started worrying, maybe they were under age and will file a claim against me ch"v - I really feel paranoid about this.

No one ever told me outright that there underage.

So my question is: if I didn't know that someone is underage and was sexting, was it illegal?

Is there anyone here who could please inform me with the facts as of when its illegal.

Please Pm me if you could help me with this. dont wanna give people ideas here on how to fall

GYE - Guard Your Eyes

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