

This time will be better

Posted by joetyh - 14 Jan 2022 10:58

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hey people!!! just had a fall 2 nights in a row after building my streak to 5 days... but you know what, 5 days, that was pretty impressive. I have made myself sort of reliant on videos to entertain myself during bein hasedarim and after night seder which means i occasionally need to access youtube which is a killer because it starts with downloading just some fun vlogs and/or product reviews and it goes downhill from there. I need to find a way to be able to get some videos (I dont think i can quit cold turkey from watching and 613tube isnt an option) but not falling down that terrible rabbit hole of the "How bad of a video can i find on YouTube). besides for youtube theres the plain urges that come and I just feel powerless against them. I try to beat them but its so so hard to. even the smallest trigger (i.e. seeing a random pretty girl in the street) can just set me off on a bad day. I really want to be clean!!! I really do!!!! But I feel like as soon as the urge comes I just decide that "it's just this time" and I'll find an excuse to justify it.

I'm on day 1 now. My goal right now is 1 week. I think I can do it and I know it will be very painful but I'm ready.

any suggestions or if you can relate hop on to this topic

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Re: This time will be better

Posted by Zedj - 09 Mar 2022 05:47

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[joetyh wrote on 08 Mar 2022 08:16:](#)

I had a wet dream last night which was really annoying because I did not look at anything inappropriate or lust after anything yesterday it just came out of random but I just gotta move on

Yes, don't dwell on it.

I had my fair share while working on being clean. Eventually it will become less common.

keep it up!

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Re: This time will be better  
Posted by joetyh - 09 Mar 2022 09:06

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10 days clean behind me!!!!

B”H

I ask Hashem for another day clean because I cannot do it on my own

I can’t afford to mess up again..... too much is on the line

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Re: This time will be better  
Posted by Trouble - 09 Mar 2022 18:30

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just realized, i have a month now under my belt; i mean i haven't been under my belt for a month now.

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Re: This time will be better  
Posted by joetyh - 10 Mar 2022 06:03

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@trouble I did not appreciate that....

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Re: This time will be better  
Posted by joetyh - 10 Mar 2022 06:05

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11 days clean B”H

but the important part is today.

Hashem please give me another day clean!!!!

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Re: This time will be better  
Posted by Trouble - 10 Mar 2022 14:26

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[joetyh wrote on 10 Mar 2022 06:03:](#)

@trouble I did not appreciate that....

so i should not mention that i feel the "itch" in its beginning stages?

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Re: This time will be better  
Posted by joetyh - 10 Mar 2022 15:19

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[Trouble wrote on 10 Mar 2022 14:26:](#)

[joetyh wrote on 10 Mar 2022 06:03:](#)

@trouble I did not appreciate that....

so i should not mention that i feel the "itch" in its beginning stages?

Maybe don't..... maybe keep those comments off my thread

I love comments but not edgy ones that you don't seem to understand what that means maybe you shouldn't comment on my thread

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Re: This time will be better

Posted by Trouble - 10 Mar 2022 15:25

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[joetyh wrote on 10 Mar 2022 15:19:](#)

[Trouble wrote on 10 Mar 2022 14:26:](#)

[joetyh wrote on 10 Mar 2022 06:03:](#)

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so i should not mention that i feel the "itch" in its beginning stages?

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I love comments but not edgy ones that you don't seem to understand what that means maybe you shouldn't comment on my thread

ok; good luck. thanks for helping out.

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Re: This time will be better

Posted by jackthejew - 10 Mar 2022 20:11

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[Trouble wrote on 10 Mar 2022 15:25:](#)

[joetyh wrote on 10 Mar 2022 15:19:](#)

[Trouble wrote on 10 Mar 2022 14:26:](#)

[joetyh wrote on 10 Mar 2022 06:03:](#)

@trouble I did not appreciate that....

so i should not mention that i feel the "itch" in its beginning stages?

Maybe don't..... maybe keep those comments off my thread

I love comments but not edgy ones that you don't seem to understand what that means maybe you shouldn't comment on my thread

ok; good luck. thanks for helping out.

Thanks for keeping things clean. Much appreciated

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Re: This time will be better

Posted by joetyh - 11 Mar 2022 10:22

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12 days clean behind me!!!!

I cannot afford to mess up!!!!

Hashem please give me another clean day!!!!

Weekends are always tough but that means I just need to be stronger

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Re: This time will be better

Posted by joetyh - 12 Mar 2022 18:32

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13 days!!!!

With Hashem's help I will make it through this mtzsh clean and be on 2 weeks!!!!

I feel weak at the moment so I will probably stay away from anything that may trigger me even if it usually doesn't

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Re: This time will be better

Posted by 5Uu80\*cdwB#^ - 13 Mar 2022 00:35

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Amazing! Withdrawal symptoms may hit at some point, but push through the pain no matter what.

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Re: This time will be better

Posted by 613guard - 13 Mar 2022 02:16

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[joetyh wrote on 12 Mar 2022 18:32:](#)

13 days!!!!

With Hashem's help I will make it through this mtzsh clean and be on 2 weeks!!!!

I feel weak at the moment so I will probably stay away from anything that may trigger me even if it usually doesn't

You are an amazing inspiration

That's a huge step in this battle to know yourself (the most or one of the most important thing in life ayin alei shur) and where you are weak and to run from those situations

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Re: This time will be better

Posted by joetyh - 13 Mar 2022 09:11

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2 weeks!!!!!! 14 days B"H!!!!!!

My mind is clean from porn and real lusting for 2 weeks!!!! That's an incredible accomplishment!!!! I will celebrate it but it's behind me I must focus on today!!

I beg Hashem for another day clean!!!

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