blew it after 80 days (my all-time record)
Posted by 5770 - 18 Jul 2010 19:49

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Ignoring for one moment chaos this sin will inflict on my life and the lives of my family members...... I am really not so sure I can be bothered again - -- even though the last 40 or more days were really quite easy! - I was totally avoiding looking at porn and women in general (tough when you use the trains) ... it was not a problem. They'd come in front of my field of vision, or my thoughts - - and I'd gently chase them away :-)

But now I've broken my good streak and now the "starting up" phase begins.

So am I supposed to dwell on the terrible sin I committed? I trried, but it really doesn't motivate me get started again really. I reread the shulchan aruch sections and the remedies are so lofty and big for someone like me, I think the only rememdy I can really achieve is to try again at it.

So, someone perhaps advise about getting started.

Now my head is FULL of images of women. I kept the lid on it for 80 days, and now they're everywhere!

Anyway, some suggestions for effectively restarting would be great. It took me a LONG time to restart my 80 day winning streak, I always had good excuses (this is the LAST time I masturbate - i promise!! Just one more quick one!)

thank you.

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Re: blew it after 80 days (my all-time record)
Posted by Holy Yid - 01 Aug 2010 06:14

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I was also very afraid. I called in only to listen and made no commitments. I would ask you to

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consider that. P.S. it is pain free

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Re: blew it after 80 days (my all-time record)
Posted by Eye.nonymous - 01 Aug 2010 13:22

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[5770 wrote on 18 Jul 2010 19:49](#)**:**

So am I supposed to dwell on the terrible sin I committed? I trried, but it really doesn't motivate me get started again really.

Oh G-D anything but that! It'll just drag you down.

But maybe something unexpected caught you off guard. Try to figure out what it is. We make mistakes, but at least try not to make the same mistake twice.

Be happy you managed 80. And now, just start again.

--Eye.

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