

Need Chizuk and Advice

Posted by Warriorjew24 - 05 Sep 2014 22:25

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Hi everyone I've been struggling with this area for so long it seems. Im already 20 and can't get a hold of the problem. I keep trying different solutions and approaches (filters, fences, contracts) which work for some time but I always find myself eventually slipping somewhere not to far down the line. I really really want to be rid of this disease before I get married or raise kids. I keep trying, but the tunnel seems to never end...it seems almost impossible to break free... I feel so down so many others have gone 90 days why can't I?

Any advice, thoughts or experiences are appreciated so please share.

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Re: Need Chizuk and Advice

Posted by ineedchizuk - 08 Sep 2014 04:15

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Shalom aleichem, Warrior!

Make yourself comfy- and stick around.

There's not much advice for me to offer, because you've been doing some pretty amazing stuff! Like getting out of your comfort zone, shmiras einayim, accountability software, friend, rebbi(!!). Phenomenal!

I am trying to climb this 90 day wall too, and whatever success I've experienced is only for telling get myself 'BH I am clean now. It's worth everything in the world. I couldn't care less about tomorrow.'

Ironically, telling myself it doesn't matter if I make it to 90, is precisely what been keeping me going!

Keep it up, and hatzlacha!

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Re: Need Chizuk and Advice

Posted by gibbor120 - 08 Sep 2014 19:02

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Don't worry about 90 days. It is a distraction. Do what you need to do on a daily basis and you'll pass 90 without even noticing. Too many people focus on 90 and then fall before or soon after hitting 90.

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