

90 days and chizuk emails

Posted by botty - 19 Dec 2015 16:56

Hello guys, just had a fall and felt i wanna introduce myself after 1.5 years of using GYE.

first got to know GYE as said 1.5 years ago. before that, i would fall like once a week or 2, without seeing bad vidoes, only the bad act itself. the found GYE, so started using 90 days chart and chizuk emails. it went good for 1 year and 2 months, them came 1st fall. started again. for 2 months. the fall again. and then started again, went good for 50 days. then falled again 2 days ago...

i came to a conclusion i need something else in addition to 90 days chart. i would like to consult you what tool to use now, besides praying about it, which i obviously do a few years every day...

important to say that thanks G-od i dont fall to bad vidoes. only the bad act itself, means (i guess) my addiction is not so bad, but i still feel i need help, so what do you say? THANKS ALL

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Re: 90 days and chizuk emails

Posted by markz - 19 Dec 2015 23:05

Welcome!

Perhaps you want to install a GPS on your truck - free of charge

Or read some success stories

Both are found in my signature

I'm a little intreagued how you succeeded with the emails alone to pass 90 days.

Its a chidush to me

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Re: 90 days and chizuk emails

Posted by cordnoy - 19 Dec 2015 23:51

Welcome

Way to go.

There is a wealth of material here.

Postin' daily is good as well.

B'hatzlachah

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Re: 90 days and chizuk emails

Posted by botty - 24 Dec 2015 21:42

thanks for advices.

thanks G-od, when i was young i had a few "minor" falls but each time after a fall with bad vidoes, He gave me a little "yisurim" so thats what was kipping me away from big falls like that. but the falls of the act itself, unfortunately that was going a bit worse by the years, untill, before knowing GYE, i had a fall in an average frequency of 1 or 2 at a week. and then, thanks G-od, i met GYE + a lot of prays all the years.

the chizuk emails werent the main assistance, actualy it was the 90 days chart itself. it made me want to keep clean and actualy saw the progress in my eyes. but now i think i need something new.

is there anything else in addition to take part in the forums?

i dont need filters or programs to defend from bad sites, but i do need something to work with in order to get free of that addiction

Thanks for advices again

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Re: 90 days and chizuk emails

Posted by abe2710 - 25 Dec 2015 11:55

Dear botty

welcome, wishing you much hatzlocha

It sounds to me (i could be wrong please tell me if i am) that you have done a lot of technical things to stay away from masturbation like chizuk e-mail and 90 day chart. while these things are good and they certainly helped you for a while maybe you should try looking within yourself to see if you can work out what causes you to do these things.

Are happy with your life?

Are you trying to escape from reality?

Are you married if yes are you satisfied with your marriage/wife?

Are you being driven by fantasies(*dimyonos*)?

These are just a few things that perhaps you could consider it could be something else entirely or a mix of a few things.

Remember that happiness and pleasure are completely separate and have no relation to each other.

If you are able to figure out what causes it perhaps you could try solve those issues.

Have a wonderful Shabbos!

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Re: 90 days and chizuk emails

Posted by abe2710 - 25 Dec 2015 12:07

I would just like to add that for me at least figuring out what was causing the issue was not simple and took a long time never mind trying to address them

I do not believe that there is one way of going about something like this everyone is different

much hatzlocha

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Re: 90 days and chizuk emails

Posted by cordnoy - 25 Dec 2015 12:30

[abe2710 wrote:](#)

I would just like to add that for me at least figuring out what was causing the issue was not simple and took a long time never mind trying to address them

I do not believe that there is one way of going about something like this everyone is different
much hatzlocha

Thank you.

Care to tell us what you discovered and how it was remedied?

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Re: 90 days and chizuk emails
Posted by gibbor120 - 25 Dec 2015 18:05

WELCOME! Stick around. Read handbook. Keep posting.

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Re: 90 days and chizuk emails
Posted by abe2710 - 27 Dec 2015 20:05

[cordnoy wrote:](#)

[abe2710 wrote:](#)

I would just like to add that for me at least figuring out what was causing the issue was not simple and took a long time never mind trying to address them

I do not believe that there is one way of going about something like this everyone is different

much hatzlocha

Thank you.

Care to tell us what you discovered and how it was remedied?

I was looking for fulfillment i kept thinking that if i dont have the best looking women in the world then i am missing out on something i am lacking. now i realise that happiness is within me if i am happy with myself and my life i have everything, if however i start looking outside of myself for happiness i will look and lust for every girl in the street

it took ages for me to realise this i would love to tell you how i did it but it came to me slowly after a long time i wish i could tell you one thing that i did to make me realise what it was but it was more of a process to 1:realise the cause 2: internalise the new truths that i learnt (i am still doing that now)

there are a few things prehaps which can helped me realise whats going on inside me

1: reading articals on GYE on other peoples expiriances ect

2: prayer

3: i would also write out my feelings every now and again to try and see what came out

hatzlocha

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