

Finally here

Posted by Rotzon - 19 Jul 2016 07:16

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Hi. So glad I found this site!

Here is a little about me.

Chassidish mid thirties married with kids. Been exposed to p\* since 15. Never stopped for a significant amount of time. Usually not more than 2 or 3 days. A couple of times for a few weeks but it was very hard.

Always found myself lusting. Anything I saw could be a trigger. Blamed it on being abused as a child. Regardless i always felt bad and kept promising myself never again.

I found this site a few weeks ago. I'm taking the 90 day challenge. Today is day number 40. I'm really excited.

Here is my problem. I thought it would be hard and braced myself for it. It hasn't. It has been very very easy. And I had plenty of opportunities. It's almost like I'm walking into a trap. The reason I think it was easy is because I decided when I started that going into battle without a battle plan is suicidal. I decided I would watch my eyes and not look at anything that can even remotely be a trigger. No matter what no matter where. Needless to say I've also been davening for Hashems help. So far it has been working great. Hope it continues.

Any tips would be appreciated.

Thanks

Rotzon

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Re: Finally here

Posted by ben durdayah - 19 Jul 2016 07:34

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Welcome Rotzon!

There are plenty of tools in the GYE handbook and on the site.

Much Hatzlachah

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Re: Finally here  
Posted by cordnoy - 19 Jul 2016 09:34

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Welcome,

Great going.

Why would you want new tips?

Stick with what's working and be proud.

B'hatzlachah

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Re: Finally here  
Posted by Markz - 19 Jul 2016 16:53

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Welcome!

KUTGW and Keep on Trucking!!

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Re: Finally here  
Posted by gibbor120 - 19 Jul 2016 17:03

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Welcome! Being abused almost certainly has something to do with it. Did you ever get any

help to get over that trauma? You have taken a great first step. Read the handbook, and keep posting.

The 90 day challenge is rarely enough by itself for the long term, but it is a good first step. Take a look at the handbook. See what else you might do to help yourself.

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Re: Finally here

Posted by Workingguy - 19 Jul 2016 20:57

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[Rotzon wrote on 19 Jul 2016 07:16:](#)

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Thanks

Rotzon

Sounds like the best idea I've heard. When I follow that, it's all good.

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Re: Finally here

Posted by Abie - 20 Jul 2016 00:55

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That's my battle plan too. Sure beats getting triggered and then having to control yourself.

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Re: Finally here

Posted by Abie - 26 Jul 2016 04:59

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???" on (almost) another week.

Are you still holding shtark with the shmiras einayim?

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Re: Finally here

Posted by AlexEliezer - 26 Jul 2016 20:17

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[Rotzon wrote on 19 Jul 2016 07:16:](#)

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Sounds a lot like what I did when I started. It was a little harder for me than what you describe because I was always fantasizing. So I had to come up with ways to get rid of the incessant mental images. What worked was tefillah, which is already part of your program.

There's no need for it to get harder, but do be prepared for surprises, and don't sneak a peak to see if you're better. You can keep this going indefinitely if you just take it one day at a time and never think it's safe to slip a little.

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Re: Finally here

Posted by mggsbms - 26 Jul 2016 23:22

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Thanks

Rotzon

Wow so good to hear progress. Keep it up and keep us posted.

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Re: Finally here

Posted by willandtonya - 27 Jul 2016 02:22

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No news like good news! It seems to me that guarding our eyes is the MOST significant thing for our success (other than davening). Stay on course, keep fighting, and keep those curtains closed when the girl next door gets home (guard your eyes).

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Re: Finally here

Posted by Rotzon - 31 Jul 2016 07:30

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More than halfway to 90. B"H.

Going strong! The key for me is to watch what I see. So far so good.

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Re: Finally here

Posted by cordnoy - 31 Jul 2016 17:25

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[Rotzon wrote on 31 Jul 2016 07:30:](#)

More than halfway to 90. B"H.

Going strong! The key for me is to watch what I see. So far so good.

I always watch what I see....usually twice.

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