

The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 24 Jul 2011 21:59

Hello all.

My name is ... ya right. As I said in my intro thread, I'm 21 and been suffering since I was 12, with no more than a 1 month break while I was in Israel (at least not that I remember). I'm currently 6 days in and strong! (I think, and I'll get to that.) Whew, beginning aren't easy. I find it very easy to wake up each day and say, "Today is just one day." I find it easy to ask Hashem when I Daven to help me just for today. But, the fact of the matter is, when I'm 'in the moment,' I totally forget all that, and I don't know how to get hold of myself then. Thinking of this wonderful community definitely helps, thinking about the small \$ Neder I took on for Tammuz helps, but

It's really scary to see people on the chart who have already had their 90 days and have slipped and are starting over. Not to Chas V'Shalom put them down, but it scares me because I think that once I hit 90, iy"H, I'll be good to go, but obviously it's a lifelong journey.

I said I'd get back to why I only think I'm 6 days in...but I want to know if this is the more graphic thread, or are we supposed to keep it clean on this thread? I'm still obviously a Newbie, so if someone can let me know the boundaries of this thread, please do!

Anyway, the new site preview looks cool and I CAN'T WAIT for the new live chatroom to open up!!

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I've been slipping, and I'm only 6 days in

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 22 Apr 2018 13:29

[Gettinghelp2 wrote on 20 Apr 2018 15:38:](#)

Hey great to welcome you back! I'M here again too. was last here 2009. Wish I stayed. wasn't ready then, I am now. From someone who has children your age please take my suggestions(s) to heart. NEVER EVER STOP BEGGING AND PLEADING WITH HASHEM TO TAKE AWAY THE LUST!!!! It does work. Each case is different but it works. You'll start to see a huge difference in the general feeling and attitude in your house and family. The Kiddusha will somehow work its way into every area of your life. Watch and see how each day of your recovery allows your family to greatly benefit spiritually and materially. No overnight sensations, just slow

and steady improvements. I've seen and experienced these miracles first hand recently.

Keep it up and never stop.

Thank you for the kind and inspirational words. I always need to daven harder and the reminder that I cannot do this alone is appreciated. Best of luck to you as well.

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 23 Apr 2018 12:07

Of course every day clean is Hashem's doing, but some days you feel it stronger than ever. Last night was particularly difficult, and that feeling set in, the one where your brain starts screaming, "Oh no, not againnnnnn!" So I checked out the chat rooms, which I was proud of myself for doing since that was my original plan I wrote out, and said hello to a few people. Later at night I was in bed awake and before I knew it, it was morning. I must have "just" fallen asleep. But I know it wasn't "just" - that one was a gift from G-d. A reminder that I have to better prepare myself in the future, and a reminder that he really does want me to succeed. 5 days!

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 24 Apr 2018 11:24

6 clean days!!

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Re: The most Geshmock 90-Day journey...of my life
Posted by Hashem Help Me - 24 Apr 2018 12:46

Mazel tov! Keep it up buddy

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Re: The most Geshmock 90-Day journey...of my life
Posted by Gettinghelp2 - 24 Apr 2018 15:41

Nice work, keep it up IYH.

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 25 Apr 2018 10:49

I made it a week! Wow, haven't reached this in so long.

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Re: The most Geshmock 90-Day journey...of my life
Posted by Hashem Help Me - 25 Apr 2018 12:49

Super! Whats helping it work?

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 27 Apr 2018 00:24

8 days BH!

I'm really not sure, which I know is risky and dangerous because I've done this before and been motivated for a few days and then lose it. Part of this go around is feeling that it's time to be mature and overcome the temptation that rises every time I'm bored or alone. That's just not a good enough reason anymore to open my phone. Part of it is the "short term" goal of making it till my birthday. I hope I make it till then of course, but I also hope I don't mess up after reaching that milestone. I wish I had more to share.

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Re: The most Geshmock 90-Day journey...of my life

Posted by ieeyc - 27 Apr 2018 03:30

short term goals are also great! short term goals turn into long term goals.

i have a goal to be clean till Shavous,IY"H

i had alot of short term goals as a bachur which turned into a 11 year streak,BH,

it was really a 12 year streak until mb, but that 12 year i was being nichshal with fantasies, not guarding my eyes etcso i dont count that in my streak

, anyway,wishing lots of hatzlacha!

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Re: The most Geshmock 90-Day journey...of my life

Posted by HockShmockGeshmock - 27 Apr 2018 21:23

Was a close one, but thankfully made it to 9 days!

ieeyc, wow what a story! You're an inspiration for going so long and also for getting back on track. Hatzlacha!

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Re: The most Geshmock 90-Day journey...of my life

Posted by HockShmockGeshmock - 29 Apr 2018 15:20

Friday was good, motzai Shabbos had a slip but I guess because we all can define the specifics of the journey/goal ourselves, I'm going to say I'm still clean. 11 days :)

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Re: The most Geshmock 90-Day journey...of my life

Posted by HockShmockGeshmock - 30 Apr 2018 23:58

12 days, let's make it strong through tonight!

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Re: The most Geshmock 90-Day journey...of my life

Posted by lifebound - 01 May 2018 01:16

[HockShmockGeshmock wrote on 30 Apr 2018 23:58:](#)

12 days, let's make it strong through tonight!

Amen to that.

Keep going!

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Re: The most Geshmock 90-Day journey...of my life

Posted by HockShmockGeshmock - 01 May 2018 10:52

I slipped last night and while it was happening my head was racing, "How can I be doing this!?" Baruch Hashem I was able to grab hold of the cliff before falling off and pull myself up to day 13. Part of what was most scary is that this has happened before to ruin streaks - each day after I would start with a slip, confident I could do it again, which is a very stupid game to play. The next badge is today, 14 days, 2 weeks can be had with a clean day today. May it be a fully clean day.

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