

Still going

Posted by poshut yid - 12 Dec 2008 16:44

Erve Shabbos Kodesh Parshas Vayishlach

B"H I made it through the week. I do not remember a time in the last 5 years that I went a whole week that I was in the office and did not look at porn or masturbate. B'H I did not have any real difficult nissyonos this week. I know they will come up and Be'ezras Hashem I will succeed in overcoming them. Today will be day 9 being free from masturbation and porn. Only 81 to go to the 90 day mark.

Good Shabbos

=====
=====

Re: Still going

Posted by jack - 12 Dec 2008 16:59

dear not-so-poshut-yid, you are doing fantastic!!! keep fighting - the rewards are well worth it.i used to think that because i had a disease that was a heter - but michelle told me i was wrong - that it was a reason for me to get help.so i listened to her!

=====
=====

Re: Still going

Posted by the.guard - 13 Dec 2008 19:20

I updated your chart.

Tell me, do you have a strong filter in place? otherwise there may come times in the future where you are feeling weak or vulnerable. You need to have it out of direct reach so your mind can accept that "it is no longer an option" for you. See our Filter Page for many great options.

By the way people, www.theJnet.com now has a filter for Blackberries. GET ONE!

Keep up the great work!

=====
=====