

My concern!!

Posted by Helpplease111 - 27 Mar 2012 04:46

I started the 90 day thing. However, I have two problems, porn and masterbation. So I started the 90 days, and I fell and did one pretty fast, and have not had much progress since starting

So I know that for the 90 day thing I need to have both under control, but if i would sart considering my self that I am still on day one since I didn't fupill both requirements, I might start the other again, which I don't want to. So can I stay up there for that one that is under control, or should I put my self down to day one?

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with this one. However I hav been able to not do the other one for 31 days.

Re: My concern!!

Posted by yehoshua - 27 Mar 2012 07:21

All the best to you brother!!! Wellcome.

It's a big step to come here and write honestly. And I think, that somehow answers also your question - you honestly have to go through the [rules of the chart](#).

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Re: My concern!!

Posted by rontov - 27 Mar 2012 19:28

Welcome - I too suffer from the same things as you. This is the place to find a foothold on recovery from what ails us. The posts hold some of the keys - read on -

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Re: My concern!!

Posted by mifatfait - 28 Mar 2012 23:42

Take it one day at a time, the Y"H as a whole is too big for us, only if we chop hom up to bite

size pieces do we stand a chance. Don't get distracted away from this with the 90 day thing, I personally dropped it when I felt it was getting in the way.

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Re: My concern!!

Posted by alexeliezer - 29 Mar 2012 15:56

Lust is lust. It's all the same.

It's not about "making 90 days."

It's about really committing to giving up lust. Only then can you truly live.

You made a decision to do something about your lust addiction.

Your addict isn't going down without a fight. So he tricked you into dividing it up -- you take that one, leave me this one. That way you remain an addict and can keep getting your fix. Your addict wins. The real you (whom you haven't met in a while) loses.

This isn't about "this and that." It's about lust itself. Please think about that.

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Re: My concern!!

Posted by ImGonnaWin - 11 Apr 2012 21:34

It's complicated, but I guess once I get used to it.....

[Oh, and by the way, my name is Tehillim Zugger, and I'm looking forward to getting to know you guys!]

I got my avatar!

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