

My days (even more then 90)

Posted by needtoquit - 10 Jan 2013 09:02

I have been working on the Wall of Honor for 6 months now. On my first try I reached 90 days, but then over Succos I fell (hard as is always the case) a number of times. I have since been trying to regain my ground but been having a hard time. I made it to 5 weeks again and then about a month ago I fell again and have been staggering around since. See [here](#) for more of my story.

I have finally started up again strong at the very end of December and am now on day 17. One idea which I saw and liked was the \$90 for 90 days. So I am doing it with a twist. If I don't finish the 90 days I will give a dollar for each day which I stayed clean to a "tzedaka" which I really don't support. (It is a valid tzedaka just one whose mission I disagree with.) I have been starting to have a hard time the last few days and thought that posting was in order. So, I decided to make a real log of my journey. But not just 90 days clean but Biezas Hashem for many more.

Thanks for reading and Hatzlacha to you all.

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Re: My days (even more then 90)

Posted by needtoquit - 10 Jul 2013 06:51

76 days up.

B"H it's been going well. I listened in on my first phone conference tonight.

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Re: My days (even more then 90)

Posted by cordnoy - 10 Jul 2013 15:50

wow!

76!!!

seems like it will take me another 150 (from 25) to get there...I don't mean falling; days are just going slow

but like is said around here

one day at a tome

one moment at a time

just make the right decision when nisayon hits

see if the nisyonos get less frequent (they do and they don't)

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Re: My days (even more then 90)

Posted by needtoquit - 15 Jul 2013 06:49

B"H 82 days up!

I'm reminded of the saying that sunlight is the best disinfectant. After I

I find myself noticing things (i.e. people of the female gender) which I shouldn't be. I'm not looking a second time but it's still a problem. One might argue that it's normal to take first glances the people on the side walk. However, I suspect that this is more than that because based on the statistics of the people who I seem to glance up at, I would say that 90% of the US

In other words this isn't the normal human curiosity to see humanity as they pass by him. This is my addiction creeping up on me and causing me to look specifically at the potential lust inducers.

I found that it was much easier to prevent myself from looking. Although I was conscious of the fact for a little while, only after I verbalizing it "publicly" was the realization able to have an effect on me.

I was in a big city today shopping in a huge kosher supermarket. It's a rarity for me coming from a smaller town. It was really scary realizing how susceptible I was to all the *frum* women shopping there. It took me repeating to myself, "This will kill me!" to be able to walk around almost like a normal human being. However, B"H I think that I made it out not too much the worse.

Hatzlacha to us all,

NeedToQuit

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Re: My days (even more then 90)
Posted by gibbor120 - 19 Jul 2013 23:39

yup, ~~watch out for~~ look away from the frum ones.

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Re: My days (even more then 90)
Posted by needtoquit - 22 Jul 2013 15:39

B"H today will (*Bezras Hashem*) be (*Blei Ayin Harah*) day 90!!

I once again am amazed by the difference that I feel from day 0. Although today I feel basically the same as yesterday, I feel like a completely different person than I was 89 days ago. I know that I'm still an addict and can't let my guard down, but it's nice to know that it does get a little bit easier.

I called into Duvid Chaim's call on Thursday noon for the first time. It was nice, but unfortunately

I don't think that I can always make time for it in middle of the day. Also, they are almost finished the cycle so the 12-step content is like (no I guess it actually is) reading a book starting from the middle. Hopefully, I'll be able to start for real Yom Tov time when he hopes to start again.

Life has been very hectic (and more importantly stressful) recently. I have a date today with a girl whom I am very optimistic about but she feels a "little *parve*" (according to the *shadachan*). I hope that it is just a defense mechanism brought on by her years of unsuccessful dating, that she is afraid of investing too much only to be turned away. Part of the stress is I need to find where to go and when to go, and refresh my list of conversation topics.

Bezras Hashem all will be good. Hatzlacha to us all!! And may we merit to understand exactly how everything which *Hashem* did, does, will do for us, is for our best!

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Re: My days (even more than 90)
Posted by Pidaini - 22 Jul 2013 15:53

Mazal Tov!!! B'ezras Hashem many many more one days!!!

and B'suros toivois!!!!

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Re: My days (even more than 90)
Posted by cordnoy - 22 Jul 2013 20:03

mazel tov!

many more iy"H

great news

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Re: My days (even more then 90)
Posted by gibbor120 - 22 Jul 2013 21:04

MAZAL TOV! Keep the great news comin!

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Re: My days (even more then 90)
Posted by needtoquit - 22 Jul 2013 21:20

[Pidaini wrote:](#)

Mazal Tov!!! B'ezras Hashem many many more one days!!!

and B'suros toivois!!!!

[cordnoy wrote:](#)

mazel tov!

many more iy"H

great news

[gibbor120 wrote:](#)

MAZAL TOV! Keep the great news comin!

Thanks guys, but as they say "It ain't over till the fat lady sings". (Hope that's not triggering for) Well this one day isn't over either just yet. Especially, because I have a date where I'll have to step out of my "safer" surroundings into those potentially filled with people who I normally wouldn't have to be exposed to.

Speaking of, boy is the Y"H giving me a run for my money today. As usual, as the stress (one of my big triggers) increases so does my desire to escape into "my world". Even as I come in on the home stretch the Y"H doesn't let up even though he has realized that he has to avoid a direct attack. So, instead of "Just watch a little porn," he says "Just watch a little TV." B"H, I haven't watched TV in weeks and only slipped twice into watching movie trailers on YouTube during that time. But now, he says that it will relax me and release some stress. B"H, I know otherwise; it wouldn't help, only hurt.

Guard, I really like the new 90 chart, especially the Personal Chart and the Diary.

Here's to today's one day and tomorrow's one day and many more one day's!

Hatzlacha to us all,

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Re: My days (even more then 90)
Posted by needtoquit - 23 Jul 2013 09:47

B"H I made it or even more accurate we (I with lots of help from Hashem).

Now that I've made it to 90 again, I can finally admit to myself that the first time I was probably just a dry drunk.

That's all for now.

Hatzlacha,

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Re: My days (even more then 90)
Posted by needtoquit - 24 Jul 2013 07:41

I wanted to share a recent experience. Recently, I went with my family to a park for the day. We did some walking along a stream in really warm weather.... B"H I managed to look down or away as we passed most of the people. However, eventually we arrived at a waterfall where
The younger kids weren't up to walking much more so some of us were pushing to stop there for a dip and then head back. I said to myself, no way can I handle this. So I ran ahead and found that literally another minute down the trail is a nicer waterfall with almost no-one there. So we moved there and I breathed a sigh of relief.

Hatzlacha,

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there was large gathering with even more people and even less cloths.

Re: My days (even more then 90)
Posted by MBJ - 24 Jul 2013 10:54

I saw you mad it back to 90 a day ahead of me.

CONGRADULATIONS!

I almost felt when you click that update chat and you go over 90 days there should be a pop-up window with fireworks or confetti

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Re: My days (even more then 90)
Posted by needtoquit - 24 Jul 2013 18:24

[MBJ wrote:](#)

I saw you made it back to 90 a day ahead of me.

CONGRATULATIONS!

I almost felt when you click that update chart and you go over 90 days there should be a pop-up window with fireworks or confetti

Thanks.

CONGRATULATIONS to you too! Maybe even more so because everyone says (although I haven't completely internalized it yet) being single makes it easier.

Sorry, I don't post more on your thread but you're in deeper waters than I can be helpful in, I think. (But I'll try to stop by and wish you Mazel Tov there.)

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Re: My days (even more then 90)
Posted by needtoquit - 25 Jul 2013 07:40

Just a quick update as day 92 rounds to a close.

I'm still confused about whether there is more which I can do about *shmiras ainayim* or whether it is just my Y"H trying to get me depressed thinking that I haven't changed at all. I catch myself seeing things in the street and on billboards and I don't stare but I'm not sure I look away fast enough or don't enjoy it. Also I think that, as I've mentioned before, the statistics of what I see paint a grim picture. Maybe the world is really *prust* (ok yes I know it is) or maybe I'm only looking at the *prust* part of the world. I'm just confused and don't know what to think.

Also, my urge to watch TV or movies is firing up again. Tonight I heard someone else watching a TV show and I was so tempted to watch something. I almost signed on GYE to find someone I hope no-one would have but in my delusional state I hoped that I someone would. But instead I started arranging my stuff for my vacation next week and low and behold not watching didn't kill me and I totally forgot about the desire until starting this post.) I just hope I can keep it up one day at a time because I don't think that I can afford watching TV almost as much as I can't afford to watch porn. As [AlexEliezer wrote](#):

I simply can't see how a lust addict can watch actresses on TV and in movies and remain sober. They are the very drug. Perhaps a lower dose, but the drug nonetheless. He who feeds it is hungry.

Hatzlacha to us all in all of our growth,

NeedToQuit

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to tell me it was OK.

(First notice: I'll be without a computer or phone almost the entire next week.