

My 90 Journal

Posted by stayrein - 14 Jul 2013 07:23

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Hi all,

Ive been struggling with porn and more pron since a few years back. As most addicts can relate, I tried all the easy things nut to no avail. I have a phone chavrusa,emails etc.

I am not willing to go to a group, however i am willing on trying a weekly journal of my struggle. I hope that I can get support this way.

My longest clean period has been one month. If I can do 3, that would be great.

Triggers for me come from all things. The other day I was looking at a video posted on facebook, which triggered me to think about my good ole habit, which lead me to porn etc.

I've never written much about my addiction, perhaps writing will clear things up a little.

Would love feedback and support.

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Re: My 90 Journal

Posted by inastruggle - 15 Jul 2013 06:34

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[stayrein wrote:](#)

**Inastruggle**, I do know the difference between positive and cocky Bh.

[stayrein wrote:](#)

I also find that if i wait enough time, things will work them selves out without my input. Why stress if God has it under control anyway.

Do you mean this in lust related areas or everywhere else? (or both) just curious.

Just to add my two cents about posting, I happen to find it extremely useful in almost all areas of the struggle, from keeping busy, to releasing stress to getting rid of lust, to keeping myself motivated.

Anyway KUTGW.

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Re: My 90 Journal

Posted by stayrein - 17 Jul 2013 00:26

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Thank you for the encouragement.

I believe that the blogging alone is not going to solve the issue, but it definitely helps.

I also gain a lot from everyone's responses, as it reminds me that I'm in it with others.

B'h I'm off to a good start. The issue is that the first few days are the easiest, and therefor easy to slack. But I promise to keep on posting.

Have an easy fast everyone.

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Re: My 90 Journal

Posted by stayrein - 18 Jul 2013 02:04

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Hi all,

I am posting for today. Not that I have anything to share, but I feel positive posting. It gives me a reason not to look at porn. The anticlimax thing about the beginning of a clean period is that it is usually very easy, as I mentioned yesterday.

Why complain?

I am realizing how many lustful thoughts I have a day. I wouldn't have even considered them lustful in the past. Got to be really self aware.

Have a good night,

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Re: My 90 Journal

Posted by Pidaini - 18 Jul 2013 02:48

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That was surely something to say!!!

KOT KOMT!!!

It's great to have you!!

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Re: My 90 Journal

Posted by stayrein - 19 Jul 2013 05:03

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I didn't think that it would come so early, however it's one of those days were a dose of Lust could really calm me down. I don't plan on using it. Iv'e just got to see what Hashem has in store for me. It's getting interesting. I need to let him make things happen, and go along with it.

Take care

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Re: My 90 Journal

Posted by cordnoy - 19 Jul 2013 05:09

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is there anything that you could do to distract you?

we are rooting for you

let me know if I or others can help in any way at all

bhatzlachah

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Re: My 90 Journal

Posted by inastruggle - 19 Jul 2013 05:35

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Forget the lust.

Enjoy life.

Don't fall.

You really are doing great, KUTGW and KOT.

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Re: My 90 Journal

Posted by stayrein - 19 Jul 2013 06:12

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Well iv'e already decided that I will not look at porn tonight.

I'm forgetting Lust and enjoying life. It's all percpeptive.

I think that the world is coming to an end. It's really not..

Thanks for your support and encouragement.

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Re: My 90 Journal

Posted by inastruggle - 19 Jul 2013 06:38

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[stayrein wrote:](#)

I think that the world is coming to an end. It's really not..

The world already ended with the mayan calender. So you can't even worry about the world ending. How much better can life get?

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Re: My 90 Journal

Posted by gibbor120 - 19 Jul 2013 23:09

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Welcome stayrein! I'm a bit late to the party. First of all, I would stay away from Facebook. Stick around, there are a lot of good people, and lots of good advice here. Many of us have been stuck for years. Many are getting sober. I acted out for over 20 years. I have now been sober for over 4 years B"H. Many have done it, so can you!

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Re: My 90 Journal

Posted by stayrein - 20 Jul 2013 01:51

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Hi Gibbor, thanks for joining the party. I am really not a Facebook guy, but I do know what you mean. Sometimes when I do browse, I get stimulated etc

Thank goodness i haven't been in a rut for more than 4-5 years, but that is enough to know that i want to be free. And Bh im going on a week, thanks to the support here.

My plan is to post every day (or other day) for 90 days, rain or shine.

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Re: My 90 Journal

Posted by stayrein - 21 Jul 2013 19:30

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What's up people?

I did not post last night, as Shabbos comes out late, however I am doing well.

Today will be going on a week, thank G-d.

I would like to thank those that responded, as it is very encouraging.

I hope to have more to share this coming week, perhaps some insights etc

Have a good Sunday.

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Re: My 90 Journal

Posted by cordnoy - 22 Jul 2013 02:45

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keep it up

youre mechazek the reast of us

im thru 5 weeks tonight

havin a struggling day though

should be good

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Re: My 90 Journal

Posted by stayrein - 22 Jul 2013 04:49

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Thank you,

5 weeks is great. i usually find it toughest around that point in time.

Just stay focused. It's good to know (not in a good way) that I'm not the only one here is is struggling.

Today has been rough. I can't say it's been perfect, but I'm holding on.

Will stay away from the computer after this post lmy'h

Tomorrow will be a better day,

Have a good night, it's wroth it.

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