

My 90 Journal

Posted by stayrein - 14 Jul 2013 07:23

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 - 04 Sep 2013 06:47

I'm baruch hashem doing ok.

Once a week update sounds great.

KUTGW and KOT.

ksiva v'chasimah tova and a gut gebensht yuhr.

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Re: My 90 Journal

Posted by stayrein - 23 Sep 2013 01:16

Hi Inastruggle and everyone else that may be following this post.

Bh I have been clean from last post until now. That makes me about a month clean.

The bad news is that i feel a little shaky right now. It may be a lot of factors, but I can't pinpoint it.

What i do know is that I must be extra careful.

It's definitely a great feeling to be free of lust. I just feel deep down that I can't go on forever. i feel like something is lingering on.

What would be the approach to say good bye?

I could do the one day at a time, but it doesn't work like that for me, since there are twists and turns..

Eg . now im feeling a little weak.

Tomorrow I may feel fine..

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Re: My 90 Journal

Posted by inastruggle - 23 Sep 2013 07:00

The one day at a time might actually be the perfect thing for this. In fact you pretty much said it yourself.

[stayrein wrote:](#)

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What would be the approach to say good bye?

I could do the one day at a time, but it doesn't work like that for me, since there are twists and turns..

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What one day at a time means is that we don't think about whether we're going to be able to be clean forever, or for the next week, or for the next day. The reason not to think about it is simple. It won't do any good. Thinking about if you can do it is only taking away from the task at hand, which is forgetting the whole inyan and living life instead.

Of course we need to plan ahead but that's all, once the plan is there forget it until it's that time.

Dov wrote about it here:

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/124072-Dov-Quotes?limit=15&start=120#214808

In short, when you're feeling weak, come here or do something to help yourself. When you aren't then forget the whole thing, and at all times don't worry about tomorrow until it's today.

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Re: My 90 Journal

Posted by stayrein - 01 Oct 2013 02:24

Here I am. Succumbed to the demon of Lust. Luring inside of me.

It started yesterday, with a peek, and would not go away until i finished up just now.

I am proud to say this is the longest streak for a while.

I'm glad to have this place to share. I don't what good it'll do, but at least I feel like here people understand me.

Its the first time that I felt, like a stranger was trying to take me over. It wasn't even me. I really think that i need pro help.,.

I hope that I can move on.

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Re: My 90 Journal

Posted by Pidaini - 01 Oct 2013 02:32

You can move on, and we're here by your side.

What can you change for next time?

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Re: My 90 Journal

Posted by inastruggle - 01 Oct 2013 03:26

I think we can all say that we completely get you (well, I definitely can)

Back to work. KOMT.

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Re: My 90 Journal

Posted by cordnoy - 29 Sep 2014 01:53

[stayrein wrote:](#)

Hi inastruggle,

Iv'e been on the sidelines for a bit, not in a bad way, rather in a good way.

I felt that I was falling too often and i needec to see how much I can go before attempting a long hual.

Bh Iv'e been clean around two weeks+ and Im feeling great.

Thanks for reminding me about the forum and that people care.

I think I would like to do once a week update now.

How have you been?

ummmm....howbout a yearly update?

Still rein?

We hope so.

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