

40 days?

Posted by TryTryAgain - 11 Nov 2013 04:26

Another thing I have heard/read in the past is that the first 40 days of breaking a habit are the most difficult. Is their truth to this? By saying yes, you do not contradict the 90 day theory, it would just mean that the last 50 days are considerably easier then the first 40.

Please let me know.

Thank you

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Re: 40 days?

Posted by ploni.almoni@gmx.com - 11 Nov 2013 05:45

The meaningful number for me is about three weeks. If we spend that time refuting our belief that we are weak. But is like experimentation, it's not conditioning.

I think you are talking about conditioning, meaning what is the first thing I think about when something happens. People say that 90 days is good conditioning, I don't know if it's true.

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Re: 40 days?

Posted by ploni.almoni@gmx.com - 11 Nov 2013 06:01

I am replying here to your message from LEARNING's thread, I hope that makes sense to you.

[TryTryAgain wrote:](#)

On a different note, part of what is keeping me going is the fact that I challenged Learning to a

race of getting to 90 days first, which is why I post updates in his thread (I wouldn't post to "steal his thunder" Cv"S).

Right now, I'm closing in on my 7th straight clean! This is my longest streak in over a year! I don't know exactly what happened, but today, when I had thoughts or feelings (3 times) that usually caused me to fall, I either closed my computer or watched sports instead of looking at inappropriate sites or pictures.

I think the reason is really split into 3.

1) The previously mentioned challenge that I sent to Learning. I'm very competitive and I want to "win". Obviously I don't want the "win" at the hands of Learning falling, I want him to "win" with me!

2) Sometimes when I want to stop a bad habit, something in my brain "clicks" and I stop. It isn't necessarily voluntary because otherwise I would've stopped a while ago, but I know that for years I tried to stop biting my nails (which isn't on the same level, but it is a very difficult habit to stop), but to no avail. Finally, sometime this past year, I just decided to stop and surprisingly I haven't bitten my nails in almost 9 months! Hopefully this is the same!

3) Most of you probably won't like this reason, but I feel like it is a factor. There is a girl who I am very close with and can honestly see myself marrying. I know marriage is right around the corner and whenever I talk to her I see it looming over my head. In light of this, I don't want to go into marriage with this addiction because I read a lot on these forums about how this addiction hurts their spouses, and I definitely don't want to hurt this girl in any way!

I like your post. You are a step ahead I think because you are not afraid to face your true motivations. Both the motivation of winning and patting yourself on the back, or maybe feeling the excitement of competition, and the motivation of planning for a happy marriage are very believable motivations (it's not for me to say whether they are worthwhile or not, I leave that up to you.)

So you found one good reason to stop. What about reasons for not stopping? Some people use porn and masturbation as a way of coping with life. Is that your case? What about how good it feels? It's okay to write that porn feels good, it's true. I would be interested to see what pros and cons of your addiction you would write down.

You asked people for their opinions, and I gave you mine. Let me know if this approach is not your cup of tea though.

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Re: 40 days?

Posted by TryTryAgain - 11 Nov 2013 10:06

I've never done drugs, but I have heard on numerous occasions that a lot of the excitement of doing some drugs is that you're scared of getting caught. After doing it for a while though, they realize that it is not a big deal and they do drugs just to it. I feel the same way about porn. It isn't exciting anymore. I am sick of it. Yes, if I start watching then I can watch for a while and often, but it isn't for the excitement, it is only because it's a routine.

The main reason I turned to GYE is because I've realized that there are NO pros. I originally heard about GYE 3 years ago in 11th grade from a rebbi who talked about it to my class. I visited the site, but at that point I had very little interest in stopping. At this point though, it is all voluntary. I have no interest in porn or masturbation anymore. None whatsoever. If you asked me why I joined GYE if I felt so strongly about it, it is because GYE helps me stay in check. Until I fully made up my mind 100%, GYE was my go to site. Even after I joined GYE, I fell, but the main thing was to get back up.

I've never felt the way I do right now, though. I just have absolutely no interest!

(To me, my motivations are worthwhile. It has been working which brings me to "if it ain't broke, don't fix it".)

I appreciate your feedback. If I did see pros to not quitting, then I would consider your method, but I'm so past that point.

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Re: 40 days?

Posted by MBJ - 11 Nov 2013 12:51

My first time through the 90 days much of my motivation for keeping clean was I didn't want to have to update the chart and admit that I fell.

I have since found better reasons to keep clean, but whatever the reason is, if it keeps you from falling, it is a good reason.

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Re: 40 days?

Posted by ploni.almoni@gmx.com - 11 Nov 2013 15:12

[TryTryAgain](#) wrote:

I appreciate your feedback. If I did see pros to not quitting, then I would consider your method, but I'm so past that point.

Well, it sounds like your mind is already totally made up that you are better off without porn. And it sounds as if you don't even feel a strong need for porn, certainly nothing you need help with. If that changes give me a buzz and we can move on to phase two which is how to turn off the feeling that you need it.