

## Personal 90-Day Diary

Posted by canuckjew - 02 Jan 2014 00:54

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Hi everyone. Yesterday I signed up for the 90-day chart and I have already been a day clean. At first I didn't want to add myself to the 90-Day chart or even GYE for that matter but I know inside my yetzer hara was trying to prevent me from changing. In the past I thought I could just beat this problem all on my own but in the end I would eventually stumble. I still don't consider myself a hardcore addict because I don't view porn regularly (maybe once or twice a month) but of course that is bad nonetheless. I will try to keep this updated with daily logs of my struggles and will post tactics I used to beat my "attacks" that will hopefully be helpful to other members.

Just today I went on a website with good informational content (unrelated to sex whatsoever) but unfortunately had ads with inappropriate pictures. This is very common as many filters cannot block these websites as the *content* itself is good but the *ads* are not. Many times, web developers are unaware of what ads are being posted to there clients because they use third-party apps to display their ads for them (I'm a studying web development at my college and somewhat know how these technologies work). I won't go into the technical details about why different ads are displayed to different users from the same website but offer a simple solution. Every modern day internet browser (the program you use to open a webpage) can have extra software added to them. They are called "add-ons", "extensions", "widjets", etc. depending on your browser. They are used to help improve your Internet experience and can do different things for you. The add-on I used stop seeing these adds was called "Adblock". It is free to install and helped eliminate a lot of unwanted ads on webpages. Hope this helps and I'll let you guys know more about my progress!

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## Re: Personal 90-Day Diary

Posted by canuckjew - 30 Jan 2014 07:22

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Thanks guys. I am terrible for being a perfectionist and over-analyzing any mistake I have made in the past. I have a hard time forgiving myself and forgetting things I want to forget. I think a lot of this ties to my OCD and anxiety problems. Basically when I am really stressed I start doing my OCD "rituals" (like double-checking things) I get caught up watching porn again. I know that watching porn leaves me a bad "aftertaste" but I can't help but gravitate back to it because, in the back of my mind, I would think that the porn "might get better". I would have a lust thought pop in my head and I would think about that same lust thought for hours, days, and weeks at a time. The more I don't want to think about something I think about it!

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Re: Personal 90-Day Diary

Posted by skeptical - 30 Jan 2014 07:48

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How about instead of telling yourself that you don't want to think about something, think about something else instead?

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Re: Personal 90-Day Diary

Posted by canuckjew - 30 Jan 2014 17:04

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@skeptical I wish it was that simple. If it was, I'm sure most people wouldn't be addicts as they could just "flip a switch" in their brain to stop their unwanted thoughts immediately. I have been trying to keep my mind occupied with other things like my job, cleaning up, etc. but these lust thoughts always find a way to resurface in my mind.

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Re: Personal 90-Day Diary

Posted by gibbor120 - 30 Jan 2014 20:29

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canuckjew, are you getting any help for your OCD?

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Re: Personal 90-Day Diary

Posted by canuckjew - 31 Jan 2014 06:15

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I have seen anxiety counselors at school and am currently on a waiting list for an anxiety rehabilitation center in town. The school counselors have helped me...I'll just have to be optimistic that I can eventually overcome both my OCD and addiction problems through time.

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Re: Personal 90-Day Diary

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Posted by skeptical - 31 Jan 2014 06:50

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There are many people on here who when told things, will dismiss it with, "Easier said than done."

I never claimed it was simple. It takes a lot of exercise, but the more we do it, the easier it becomes. The first step is awareness of our destructive behavior. The next step is that when we realize we're slipping into that behavior, we try to correct it. We may not always be successful, but again, the more we exercise, the easier it becomes.

If we keep telling ourselves not to think about the green (or is it purple?) elephant, we will most assuredly be thinking about that colored elephant! If we realize that we're falling back into that destructive pattern, we can say, "Hold up! I'd better change the topic and think about spotted zebras instead!"

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Re: Personal 90-Day Diary

Posted by dms1234 - 25 Feb 2014 07:48

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Hey!! Hows it going??? How are things?

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Re: Personal 90-Day Diary

Posted by canuckjew - 26 Feb 2014 07:16

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Hi everyone. I'm doing well right now. I'm gotten far on the "90 day challenge" and been reading the daily GYE emails for advice and encouragement. What I noticed through this struggle is that, when abstaining from watching porn after along time, if I encounter some kind of trigger (i.e. accidentally opening an inappropriate email) I feel an incredible rush from my mind trying to get me to watch porn again.

My mind loves to play an "all-or-nothing" game with me. If I fall once at seeing something bad (either intentional or unintentional) it will say "might as well continue watching more as you know

you can never beat me!". Many times my mind would try to convince myself just to give up but slowly I'm telling myself not be a perfectionist. I am learning not be overcritical of myself and remembering that Hashem wouldn't give me challenges I can't beat. He expects me to try my best, nothing more.

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Re: Personal 90-Day Diary

Posted by dms1234 - 26 Feb 2014 23:03

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Wow! That's incredible. Remember not to think too much about the "90 days". Just concentrate on Today. For now, thats what matters.

**canuckjew**

I feel an incredible rush from my mind trying to get me to watch porn again.

I hear you. Whenever that rush comes, the first think i try to do is reach out to a fellow GYE member. While telling them what is up, i usually realize how silly the temptation is and how much better off I am not looking at port, masterbating etc

KOT!!!! you are doing excellent. But please keep posting!

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