

mischaretani's climb to 90

Posted by mischaretani - 21 May 2014 16:04

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Hey everybody,

I'm new to GYE, and I figured it would be a good idea for me to open a thread to help me on my journey to 90.

I struggled with masturbation throughout high school, and on rare occasions I viewed pornography. But for the most part, masturbation was my problem. I quit pornography years ago, and was also clean from masturbating for a while. Until a few weeks ago I fell. Then I discovered GYE.

My wife knows about it, and she is extremely supportive and helpful. She is my daily inspiration, and I owe it to her that I am now at 25 days and counting!

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Re: mischaretani's climb to 90

Posted by cordnoy - 21 May 2014 18:37

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Wow!

Baruch Hashem and welcome.

Keep us posted.

b'hatzlachah

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Re: mischaretani's climb to 90

Posted by gibbor120 - 21 May 2014 21:48

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WELCOME! You are fortunate to have an understanding wife. Feel free to share here.

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Re: mischaretani's climb to 90  
Posted by dms1234 - 21 May 2014 23:09

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WELCOME!

Really good work! What are you doing to stay clean?

Ditto about the wife, you are one fortunate guy!

Perhaps check out: [Skep's tips](#)

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Re: mischaretani's climb to 90  
Posted by TalmidChaim - 21 May 2014 23:16

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Welcome, and kol hakavod!

Coming here is a huge first step, and you should be proud. So, your wife is *your* inspiration. And guess what? You're *our* inspiration. AND... you should be *your wife's* inspiration (I mean, taking this first step is in no way easy). So, that's a lot of inspiration going on right now. Feels pretty

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Re: mischaretani's climb to 90  
Posted by mischaretani - 21 May 2014 23:50

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I don't really have a set method as to how I'm staying clean. I'm kind of formulating it as I go.

For the first week, whenever I had a big temptation I clicked on the emergency button and got one of those gruesome emails from GYE. One of them was pictures of an aborted fetus, and as my wife is expecting (b'sha'ah tova) that one really resonated with me. For the week after that, whenever I had a temptation I opened the picture and thought about my soon to be child.

I know a lot of people aren't into the counting 90 days thing, but I gain inspiration from seeing how far I have come.

I sponsored myself: \$90 for 90 days, and if I don't make it to 90, I have to pay \$2 per day.

By now I feel less temptations, and it feels great. But I still need to be vigilant, so when I do feel anything coming I go for a walk around the block.

And I have k9 filtering, my wife has the password, and I activated a button so that I could add websites to the block list even without the password.

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Re: mischaretani's climb to 90

Posted by mischaretani - 21 May 2014 23:51

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Oh, and no offense to anyone, but I'm not just fortunate- I'm the world's luckiest man. Sorry, but

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Re: mischaretani's climb to 90

Posted by mischaretani - 22 May 2014 17:22

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B"H

Today is 6 and 20 days, which are three weeks and 5 days of tahara!

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Re: mischaretani's climb to 90

Posted by cordnoy - 22 May 2014 17:28

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[mischaretani wrote:](#)

Oh, and no offense to anyone, but I'm not just fortunate- I'm the world's luckiest man. Sorry, but

the rest of you can fight for the #2 spot.

Puttin' aside the entire luck and mazal issue, I would put it as follows: I am fortunate or lucky...and truthfully, I certainly am. I do not know if I am the most fortunate or the luckiest, for then I would be lookin' at others and evaluatin' them.....that would be dangerous all around, and especially to this lust addicted mind of mine.

And good goin' on your streak...keep it up....rememberin' one positive decision at a time.

Thanks

b'hatzlachah

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Re: mischaretani's climb to 90

Posted by mischaretani - 23 May 2014 18:31

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Day 27!

This morning I woke up aroused- first time in about a week- so I made a mental note of what it would be like to die right then, knowing the last thing I would ever do on this world is

masturbate. So instead I forced myself out of bed and went to shacharis, thinking that davening shacharis is a much better last action to do in this world. And guess what? I'm still here, and clean!!!

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Re: mischaretani's climb to 90

Posted by Machshovo Tova - 23 May 2014 18:44

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Wow, that's gevaldig! You are truly "Zach" (27) - pure and clean. May Hashem give you the "Koach" (28) to continue one more day - at a time.

Hatzlacha

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Re: mischaretani's climb to 90

Posted by dd - 25 May 2014 00:10

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hi and welcome Mischaretani!!!

your a inspiration to me you sound really serious about getting a grip of yourself so let us know whats working,

KUTGW and KOMT!!!

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Re: mischaretani's climb to 90

Posted by mischaretani - 26 May 2014 01:46

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Re: mischaretani's climb to 90

Posted by millety613 - 26 May 2014 01:51

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Great stuff, keep it up !!

Remember not to get complacent, stay strong!

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Re: mischaretani's climb to 90

Posted by shomer bro - 26 May 2014 04:57

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You're doing great! As others have mentioned, while you're wife is your inspiration, you're ours. Thanks for posting, and keep up the good work. But be careful, don't get too sure of yourself and accidentally let your guard down. The yetzer hara is still out there, so stay strong.