

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 TalmidChaim - 20 Mar 2015 13:42

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Excellent! Keep up the good work!

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Re: mischaretani's climb to 90

Posted by mischaretani - 22 Mar 2015 19:15

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4 days and counting! b"h!

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Re: mischaretani's climb to 90

Posted by TalmidChaim - 23 Mar 2015 01:38

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Nice! Keep it up!

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Re: mischaretani's climb to 90

Posted by mischaretani - 23 Mar 2015 18:19

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5 days clean b"h.

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Re: mischaretani's climb to 90

Posted by dd - 25 Mar 2015 19:03

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How are things going?

KUTGW and the positive attitude!!!

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Re: mischaretani's climb to 90

Posted by SamJoe - 25 Mar 2015 19:35

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I feel very depressed and isolated with this problem, which makes it hard for me to sleep at night. But with time and with all of you I think I can start to feel more accepting about it.

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Re: mischaretani's climb to 90

Posted by SamJoe - 25 Mar 2015 19:36

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Awesome!

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Re: mischaretani's climb to 90

Posted by Larry - 25 Mar 2015 20:16

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[SamJoe wrote:](#)

I feel very depressed and isolated with this problem, which makes it hard for me to sleep at night. But with time and with all of you I think I can start to feel more accepting about it. Yes - for me it has been hard at times to proverbially (and sometimes literally!) look myself in the mirror... but it is absolutely a necessity to do so... only by acknowledging the reality of your situation can you really hope to make it better, be"H.

That all being said, now that you are here on the GYE site, you've probably already seen that you are not alone... we're all in the same boat, trying to change ourselves for the better (i.e. no lust!)... we're all here (hopefully) being mechazaik each other... always room for one more on this boat.

kol tuv,

Larry

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Re: mischaretani's climb to 90

Posted by yiraishamaim - 25 Mar 2015 20:55

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We are all here together and supporting one another. Remember the basics. A person must make some real changes in - his relationship with Hashem Got to work on the fact that without enormous siyata dishmaaya we cannot be sober - believe he CAN and WILL help you even though you have repeatedly asked him and then did not succeed at your end of the bargain

- Change your routine of life to lessen the opportunity for a fall( even though we can't ever be 100% opportunity or trigger free)

- use GYE properly to articulate failings, your wishes to succeed, share your successes so we can all have nachas - give to others so you can be a giver in the very area that you are yourself are working on.

- Be ready and comfortable with the idea of becoming a true winner and breathe the air of *sobriety*

- Baruch Habah PARTNER

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Re: mischaretani's climb to 90  
Posted by TalmidChaim - 25 Mar 2015 20:59

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Hey SamJoe,

Have you started your own thread? It's a good way to chart your progress and allow other members to help out.

TC

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Re: mischaretani's climb to 90  
Posted by SamJoe - 25 Mar 2015 21:07

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Re: mischaretani's climb to 90  
Posted by TalmidChaim - 26 Mar 2015 01:11

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Go to this link:

[guardyoureyes.com/forum/newtopic](http://guardyoureyes.com/forum/newtopic)

On the drop-down menu, next to the word, "Category," choose the general topic of your thread. (This thread that we're using now is mischaretani's 90-day count thread, where he posts about his progress on the 90-day chart (and beyond).)

Put in the subject, and introduce yourself to us. Whatever you want to share is totally fine! Your background, your struggles, your anxieties, etc: Write with however much detail you're comfortable with, or no detail at all; it's totally up to you. (Some details, however, might be triggers for other forum members, so use some discretion.)

Members will read it, offer chizuk and advice, and generally show their support for your climb to sobriety.

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Re: mischaretani's climb to 90  
Posted by SamJoe - 26 Mar 2015 01:36

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Oh yes, I did start one it's under "at last"

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Re: mischaretani's climb to 90  
Posted by mischaretani - 26 Mar 2015 03:12

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"I feel very depressed and isolated with this problem, which makes it hard for me to sleep at night. But with time and with all of you I think I can start to feel more accepting about it."

Glad to be a help! I find that helping others, in fact, helps myself. The feeling of "how can I fall if I'm the one giving so-and-so his chizuk" has kept me going at times.

I have some comments on a couple of recent chizuk-emails. I"yh I will share them tomorrow or the next day.

For now, good night everybody. 8 days b"h!

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