

Two different '90 days periods'?

Posted by ?????? ??? - 30 Jul 2014 16:14

Hi, everybody.

Here is my question: could it be useful to make two different 90 days periods, 1) to break the habit of viewing dirty things and then 2) to break the masturbation habit, since it seems to me too hard to break them at once?

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Re: Two different '90 days periods'?

Posted by truthornott - 04 Aug 2014 01:14

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Re: Two different '90 days periods'?

Posted by ?????? ??? - 08 Aug 2014 19:43

Shabbat Shalom to all, achim yakarim.

I have to and want to admit that I fell not once on this week, Hashem yerachem... Yesterday was my first day clean.

Baruch Hashem, I managed to make my iPhone really safe. ALL IPHONE USERS, PLEASE USE BUILD-IN FILTER WITH PASSWORD (FOR INSTRUCTIONS GO TO VENISHMARTEM.COM), TO WHICH YOU WON'T HAVE ACCESS, INSTALL K9 WEB BROWSER AND DELETE ALL APPS WHICH MAY HAVE ACCESS TO WEB, BECAUSE THERE ARE SITES WHICH APPLE'S FILTER DO NOT IDENTIFY AS UNSAFE. I RECOMMEND ALSO TO MAKE RESTRICTION ON INSTALLING APPS, SINCE IT IS A HOLE IN THE SYSTEM, WHICH YOU WILL BE ABLE TO USE HAS VESHALOM WHEN YOU FEEL

If anyone has an advice for me, I'm here to listen.

Many thanks.

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