

Lomed's Thread

Posted by lomed - 25 Feb 2015 16:44

I am starting the 90 days. I hope to be bezras hashem this year in miron for lag beomer. although I don't feel much will power now to overcome this struggle, I decided to start a 90 day journey to try to get clean. I will need much chizuk. but even one day is worth. I hope in zchus of the rashb"ee I will get closer to become clean.

???? ??? ????? ????? ???? ???? ???? ???? ?

=====
=====

Re: started 90 days as a preparation of lag beomer!

Posted by serenity - 12 May 2015 23:19

Personally, Only today exists for me. Today I choose sobriety. Tomorrow I'm free to do what I want

=====
=====

Re: started 90 days as a preparation of lag beomer!

Posted by lomed - 19 May 2015 20:21

Hi chaveirim,

How are you all doing?

B"h am at day 83 and counting. Had a little hard day yesterday, but BS"D made it through. moving along day by day, and seeing new strength that I dint see till now.

=====
=====

Re: started 90 days as a preparation of lag beomer!

Posted by shlomo613 - 19 May 2015 21:11

Hi lomed,

Well done for all your efforts that have got you here but most importantly for today. I also had a tough challenge yesterday. I realise afterwards that the yetzer hara puts extra effort on propitious days like erev Rosh Chodesh Sivan when we pray for our kids. Rosh Chodesh too is usually extra tough for me.

Regarding your post on 12th May that it's a question of when not if:

I think I'm like that too - but that doesn't bother me because I'm not worrying or bothered about tomorrow.

Why am I not worried about tomorrow? I'm not sure. Maybe I'm short sighted. And that certainly enabled the addiction, so well done if it now enables a relaxed sobriety.

=====
=====

Re: started 90 days as a preparation of lag beomer!
Posted by lomed - 26 May 2015 16:58

i get a mazel tov today b"h. i reached 90!!!!!!!

hope to stay clean day by day, and by all chaveirim as well.

=====
=====

Re: started 90 days as a preparation of lag beomer!
Posted by shlomo613 - 26 May 2015 17:13

mazal tov!!!

What a good feeling that must be. Keep up the good work! We should all do well!

Shlomo

=====
=====

Re: started 90 days as a preparation of lag beomer!
Posted by serenity - 26 May 2015 17:44

Mazel tov on this wonderful occasion!

So tell us, how did you do it?

=====
=====

Re: started 90 days as a preparation of lag beomer!
Posted by Gevura Shebyesod - 26 May 2015 17:45

=====
=====

Re: started 90 days as a preparation of lag beomer!
Posted by yiraishamaim - 26 May 2015 17:52

B"H - How wonderful!

So exciting!

=====
=====

Mazel Tov!!! KUTGWL
Re: started 90 days as a preparation of lag beomer!
Posted by gibbor120 - 26 May 2015 21:04

MAZAL TOV!!!

=====
=====

Re: started 90 days as a preparation of lag beomer!
Posted by lomed - 26 May 2015 21:42

[serenity wrote:](#)

Mazel tov on this wonderful occasion!

So tell us, how did you do it?

I am not sure if I know the real answer.

At first it was not easy. i had a way of life that was instilled in me. I was sure that everyone masturbates constantly, and to be clean is a fantasy that does not exist. It is just a question of how much a person will masturbate, but not if a person masturbates or not.

As the first week or two past, it became easier for me to resist. I prayed whenever i was in a challenge. Whenever I was on fire, i told myself you are not going to act out. It is over! Bs"d i am at day 90, which I cant say that this or that was the way I came here. I am sure that the support (directly to me, and what i read from other threads) that I got here on GYE was a big contributing factor.

=====
=====

Re: started 90 days as a preparation of lag beomer!
Posted by Yudi - 26 May 2015 22:29

=====
=====

Re: started 90 days as a preparation of lag beomer!
Posted by Palti-Yossef - 26 May 2015 22:36

MAZAL TOV !!!

Thank you for your accomplishment, which will certainly be helpful for all the kaal Hachem and even the entire world as it is well known.

Waiting for others good news and words of wisdom from you !

=====
=====

Re: started 90 days as a preparation of lag beomer!
Posted by Palti-Yossef - 26 May 2015 22:37

P.S : I don't know if this is appropriate but maybe you could think about a new name for your threat, haha :p

=====
=====

Re: started 90 days as a preparation of lag beomer!
Posted by lomed - 26 May 2015 23:11

[Palti-Yossef wrote:](#)

P.S : I don't know if this is appropriate but maybe you could think about a new name for your threat, haha :p

You know what, you just hit the nail. It was when I was planning to go to Israel, and thought it would be appropriate to do something and try to get somewhat clean before going to Meron. I thought that this will never succeed. But seemingly for now, that Yes as i started this thread, ????? ??? ?????? ?????? ????? ?????? ?????

=====
=====