

A new start

Posted by yonatan374 - 30 Mar 2015 00:54

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I'm on my 90 day journey, 9 days clean.

After all these years I finally told my wife about my addiction to porn. She was wonderful about it and promised to help any way she could. A true eishes chayil. Better than I deserve. I'm truly blessed to have her.

This allowed me at put filters on my computer to keep me honest.

With G-d's help I'll be able to beat it this time.

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Re: A new start

Posted by yonatan374 - 06 Jul 2015 03:18

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Re: A new start

Posted by justmetoo - 06 Jul 2015 04:15

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Mazel tov to US!

I feel like we are chavrusas, we've been right next to eachother on the chart for the last 51 days B'H.

Thanks and continued hatzlacha!!!

Just Me

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Re: A new start

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Posted by serenity - 06 Jul 2015 13:06

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Mazel tov guys! Keep this feeling with you and recall it every day!

Hatzlacha!

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Re: A new start

Posted by yonatan374 - 14 Jul 2015 21:33

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Have to start over. Pick myself up. Won't be easy.

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Re: A new start

Posted by serenity - 15 Jul 2015 01:06

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One day at a time. chaver. We all only have today.

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Re: A new start

Posted by justmetoo - 16 Jul 2015 04:19

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Crashed & burned Sunday... and Monday.  
Hang in there.... Sorry the road was slippery

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Re: A new start

Posted by TalmidChaim - 16 Jul 2015 14:27

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One day at a time. And Mazal Tov on what you already accomplished; it's no small feat. We have a longest streak count on the chart for that reason: it's something you should be proud of, and also strive to beat!

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Re: A new start

Posted by yonatan374 - 27 Jul 2015 23:16

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Picking myself up after some major challenges. I have a new tablet device which was unsecured and the temptation was too much. Especially with the stress of find a new job. Up until a day or so ago there was no way to secure it but an update to the app came out and I installed it. I hope it will help keep my honest.

It all happens so fast and I'm on the floor before I even can think about it.

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Re: A new start

Posted by Bigmoish - 28 Jul 2015 02:41

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It's amazing how we sometimes get to see how true it is that we just have to take it one day at a time. When you got the tablet, there was NO way to secure it! And yet, just a couple of days later, an update is introduced. When we (I mean me) start worrying about more than one day, that's when we begin to unravel...

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Re: A new start

Posted by peloni almoni - 28 Jul 2015 03:19

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we fall, we get right back up again stronger and more determined.

have you tried the double taphsic method? it may be what you need to get you through some

tough spots. take it as one man's opinion, accepting to have a conversation with your mother, sponsor, rebbi etc. for 20 min about anything before acting out, or going for a 20 minute run before acting out, or taking a ten minute completely cold shower before acting out, (you get the picture) can do wonders. most times, just the thought of it will turn you off. start off really short term (a week) and see how it goes. again - just one man's opinion. more info available here: [guardyoureyes.com/the-gye-program/20-tools/item/tool-10?category\\_id=278](http://guardyoureyes.com/the-gye-program/20-tools/item/tool-10?category_id=278)

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Re: A new start  
Posted by yonatan374 - 30 Jul 2015 01:52

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I will think about these suggestions. I need a strategy to "short circuit" the yetzer harah impulse. I'll work it out.

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Re: A new start  
Posted by cordnoy - 30 Jul 2015 02:45

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[yonatan374 wrote:](#)

I will think about these suggestions. I need a strategy to "short circuit" the yetzer harah impulse. I'll work it out.

amen! and when you do, please share with us guys who haven't figured that one out yet; thanks.

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Re: A new start  
Posted by yonatan374 - 09 Sep 2015 01:03

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Re: A new start

Posted by Josephsbrother - 26 Mar 2016 02:07

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[yonatan374 wrote:](#)

B'ezrat Hashem I will be clean the entire month of Elul.

I hope all is well.

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