

Struggling to get out of first week

Posted by startrekuser - 12 Aug 2015 17:42

I've been trying this for about 3 years now. I decided to post on here to get encouragement and criticism. I'm on day 1 and plan to post daily.

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Re: Struggling to get out of first week

Posted by serenity - 12 Aug 2015 17:52

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Re: Struggling to get out of first week

Posted by yiraishamaim - 12 Aug 2015 18:57

Wonderful. Welcome.

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Re: Struggling to get out of first week

Posted by cordnoy - 12 Aug 2015 19:04

Welcome to the forum! I'm sure you'll get a lot of "encouragement and criticism"
Welcome again.

What's the plan?

B'hatzlachah

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Re: Struggling to get out of first week
Posted by startrekuser - 13 Aug 2015 15:09

90 days free.

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Re: Struggling to get out of first week
Posted by startrekuser - 13 Aug 2015 15:10

It wasn't easy, but I made it through the FIRST day clean!

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Re: Struggling to get out of first week
Posted by cordnoy - 13 Aug 2015 20:18

[startrekuser wrote:](#)

90 days free.

That is not a plan at all.

What is your plan for today?

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Re: Struggling to get out of first week
Posted by serenity - 13 Aug 2015 21:51

Personally I'd click the links below and start implementing all the GYE tools.

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Re: Struggling to get out of first week
Posted by Yesod - 14 Aug 2015 03:36

Good luck brother, i definitely second that, what's the plan?

You got someone to call?

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Re: Struggling to get out of first week
Posted by startrekuser - 14 Aug 2015 17:59

My plan is this and I admit it's weak. When I feel like falling, I start thinking about all the enemies of Israel and how I will be strengthening them with my behavior. I also think about how I will be weakening them by not falling.

Last night was difficult. I couldn't sleep because of my temptation to fall so I'm very tired today. I made it though. That's 2 days.

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Re: Struggling to get out of first week
Posted by serenity - 14 Aug 2015 21:37

Are you married?

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Re: Struggling to get out of first week

Posted by cordnoy - 14 Aug 2015 22:03

[startrekuser wrote:](#)

My plan is this and I admit it's weak. When I feel like falling, I start thinking about all the enemies of Israel and how I will be strengthening them with my behavior. I also think about how I will be weakening them by not falling.

Last night was difficult. I couldn't sleep because of my temptation to fall so I'm very tired today. I made it though. That's 2 days.

I agree with your admission.

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Re: Struggling to get out of first week

Posted by startrekuser - 14 Aug 2015 23:17

Yes.

I also want to make it clear that porno is not the problem. It's what goes on in my mind that leads me to fall.

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Re: Struggling to get out of first week

Posted by cordnoy - 16 Aug 2015 08:02

[startrekuser wrote:](#)

Yes.

I also want to make it clear that porno is not the problem. It's what goes on in my mind that leads me to fall.

But you don't really wanna do anything about it?

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Re: Struggling to get out of first week
Posted by startrekuser - 19 Aug 2015 02:17

I'm still good - 8 days.

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