

Doing the 90-Days (again), but this time...

Posted by m58yiw84niym - 01 Oct 2015 05:06

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I'M GOING TO MAKE IT!!!! YARRRGH!!!!!!

. It was a tough week,  
I fell 3 times recently (the last one was particularly discouraging given the circumstances), and  
this coming after a particularly good streak through Yom Kippur.

But as they say, that's in the past. I wish it wasn't (boy, how I wish it wasn't), but it's there, and  
nothing I can do can change that. However, I'm pushing forward and starting anew, going strong  
with the program with a renewed and enthusiastic determination. In the decade or so that I've  
been fighting this, this is the most determined I've ever been, so it's now or... (don't want to say  
never, so I'll just leave it at "it's now").

Sorry about that, really needed to vent my frustration about this struggle

So here's the plan: (Side note: Just wrote that line, and stared blankly at the screen for several  
minutes trying to figure out if I actually had a plan. Still not sure if I do, but here goes) Starting  
today, I'm reading through the GYE Handbook. Hope to be done with it by the end of Isru Chag,  
and implementing the necessary tools from it. I'll also be posting in this thread almost daily  
, and keeping  
everyone updated. Also looking into getting a partner/sponsor.

So here goes: Starting off on Day 1.

P.S. Does anyone else agree with me that we need more varieties of "Topic Icon" smilies? I'm  
or . Ok,  
now that that's out of the way, time to hit submit!

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Re: Doing the 90-Days (again), but this time...

Posted by markz - 15 Mar 2016 00:22

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Re: Doing the 90-Days (again), but this time...

Posted by m58yiw84niym - 15 Mar 2016 00:29

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New milestone: reached "4 circles" worth of posts on the forum!

And 10 pages on this topic!

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Re: Doing the 90-Days (again), but this time...

Posted by markz - 15 Mar 2016 00:34

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:eyes:

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Re: Doing the 90-Days (again), but this time...

Posted by Josephsbrother - 15 Mar 2016 02:56

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[m58yiw84niym wrote:](#)

New milestone: reached "4 circles" worth of posts on the forum!

And 10 pages on this topic!

Smile and clapping keep it up.

Re: Doing the 90-Days (again), but this time...  
Posted by m58yiw84niym - 16 Mar 2016 02:37

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Re: Doing the 90-Days (again), but this time...  
Posted by m58yiw84niym - 16 Mar 2016 21:52

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Re: Doing the 90-Days (again), but this time...  
Posted by markz - 16 Mar 2016 23:57

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Sleepwalking? Bumped your nose?

Need a cane?  
?? ?? ?? ???? ???

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Re: Doing the 90-Days (again), but this time...  
Posted by Yesod - 17 Mar 2016 02:14

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uh oh, that cant be good

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Re: Doing the 90-Days (again), but this time...  
Posted by m58yiw84niym - 18 Mar 2016 03:19

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[Yesod wrote on 17 Mar 2016 02:14:](#)

uh oh, that cant be good

Yeah, it's terrible. My schedule is crazy, and I'm very much sleep deprived. But thank God still clean!

What I'm most upset (about myself) is that I know that all these tricks and techniques to fight against lust work really well, as I use them in other areas of my life (ODAAT, half measures, etc) to great success. Yet somehow, when it comes to this battle, it's so much more difficult to apply these tools...

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Re: Doing the 90-Days (again), but this time...  
Posted by Yesod - 18 Mar 2016 03:32

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You mean using them in other areas of your life?

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Re: Doing the 90-Days (again), but this time...  
Posted by thanks613 - 18 Mar 2016 03:59

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[m58yiw84niym wrote on 18 Mar 2016 03:19:](#)

[Yesod wrote on 17 Mar 2016 02:14:](#)

uh oh, that cant be good

Yeah, it's terrible. My schedule is crazy, and I'm very much sleep deprived. But thank God still clean!

What I'm most upset (about myself) is that I know that all these tricks and techniques to fight against lust work really well, as I use them in other areas of my life (ODAAT, half measures, etc) to great success. Yet somehow, when it comes to this battle, it's so much more difficult to apply these tools...

ODAAT?

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Re: Doing the 90-Days (again), but this time...  
Posted by Gevura Shebyesod - 18 Mar 2016 04:11

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One

Day

At

A

Time

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Re: Doing the 90-Days (again), but this time...  
Posted by m58yiw84niym - 28 Mar 2016 01:49

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So I haven't been here for close to 10 days, and while there may have been 1 or 2 "good" days it's been pretty tough. While maybe according to the technical letter of the law on what counts as a "fall" for me, I may still be "sober", I have been ridiculously close to the edge and hanging by a thread. I barely even know what to do anymore.

I'm almost telling myself "Maybe I should just act out once, masturbate quickly, and relieve the tension for the next couple of weeks so I can live a normal life. Granted, I know the urge will come back, but at least for a few weeks I won't be consumed by desire".

I just wish there was a way to just turn off this urge. I don't want it to ruin my life and my family.

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Re: Doing the 90-Days (again), but this time...

Posted by markz - 28 Mar 2016 01:59

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[m58yiw84niym](#)

How did Purim go for you?

How was Shabbos?

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