

Doing the 90-Days (again), but this time...
Posted by m58yiw84niym - 01 Oct 2015 05:06

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 eny - 29 Nov 2015 04:09

What if your success is based partly on outside factors?

Aren't they just part of the Divine assistance you're asking Him for?

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Re: Doing the 90-Days (again), but this time...
Posted by eny - 30 Nov 2015 04:04

Thanks for your comment - I got kind of carried away with the "dung" part

But the picture of me riveted to a computer screen, letting lust take over my life for 3 hours, is an ugly scene.

The pictures seem the most beautiful thing in the world - I clicked hundreds of times until I found just the right looking image (but I thought to myself: if I knew that the person on the screen was a Neo-Nazi or stam obnoxious would I be so taken with her aesthetic beauty?)

The main point was - why was I wasting so much time on this activity when there are so many truly beautiful things to be involved with?

[Rabbi Akiva saw Turnus Rufus's wife's beauty and spat, cried, and laughed.

Rabban Shimon ben Gamliel saw a beautiful idolatrous woman on Har Habayis and said Mah Rabu Maasecha Hashem!]

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Re: Doing the 90-Days (again), but this time...
Posted by Shlomo24 - 30 Nov 2015 20:13

rav avigdor miller has said, "why look at a woman, look at a tree!" (i just felt like this was somewhat relevant)

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Re: Doing the 90-Days (again), but this time...
Posted by cordnoy - 30 Nov 2015 22:39

[Shlomo24 wrote:](#)

rav avigdor miller has said, "why look at a woman, look at a tree!" (i just felt like this was somewhat relevant)

As the tanna said when he held the bride....she is but wood to me.

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Re: Doing the 90-Days (again), but this time...
Posted by eny - 01 Dec 2015 13:59

They just sent this on the chizuk list - # 1376

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Re: Doing the 90-Days (again), but this time...
Posted by m58yiw84niym - 04 Dec 2015 03:46

Broke 50 days! And 3 pages on this thread!!!

And that's all I've got for now. Have a great day everybody! KOT!!!

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Re: Doing the 90-Days (again), but this time...
Posted by Shlomo24 - 04 Dec 2015 19:20

mazel tov! how did you do it?

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Re: Doing the 90-Days (again), but this time...
Posted by abe2710 - 05 Dec 2015 16:10

Dear m58whatever

WOW!!! really inspired!!!!

just went through the whole forum from the beginning. I wonder if i could do the same i went through a really good period for 28 clean days but then i fell twice. sometimes i feel that i will always be in this cycle of falling and trying again is there really a way out?... right now i am holding by 3 days i am trying some new methods (like the innate health thing) and i hope and daven that somehow i will strong enough not to give in to the urges when they inevitably hit me.

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Re: Doing the 90-Days (again), but this time...
Posted by yehoshua - 05 Dec 2015 17:57

Same here, i wonder how u do it.

Abe, i feel with you, i feel like acting out now. I hear people fall after 15 years, so we are actually safer than those with 10 years, cos we know who we are. Maybe start your own thread, hey, i boosted your karma

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Re: Doing the 90-Days (again), but this time...
Posted by m58yiw84niym - 06 Dec 2015 04:24

sigh

Shlomo, Abe, and Yehoshua - I do plan on trying to respond to you guys (when I have the

chance to give a real answer).

However, I'm here to report something else. For the first time this streak, I unfortunately stumbled upon a nude photo. This was truly a mistake, I was reading a news article and clicked one of the links (and while I have in the past purposely followed articles I found 'interesting', this was actually a legitimate article (about a recent terror attack) that I honestly did not think would have anything inappropriate in it), and there was an inappropriate picture on the top of the page. I immediately scrolled down and closed the window. While I really don't believe this counts as breaking my streak, I'll be Machnia my Da'as to the Olam if this does count.

In some ways though, this was a bit of an inspiring moment. While I regret having seen it, and wish I hadn't, when I did see it, I was filled with a sense of dread and 'repulsion' and tried to immediately close it. It almost reminded me of the feelings I had when I first started looking for these images (not the feelings of wanting to find it, the feelings in me that were saying "RUN!!!"). While I don't want to give myself a sense of false confidence (because I know I can't trust myself), it's encouraging to think that in some ways, I've regressed to one of the earlier levels of my 'addiction'.

Thanks again to everyone who's here. Just by being here, you can't imagine how much of an inspiration and Chizuk you all are to me.

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Re: Doing the 90-Days (again), but this time...
Posted by markz - 06 Dec 2015 04:57

[M58 wrote:](#)

I unfortunately stumbled

I beg to differ

[yehoshua wrote:](#)

I hear people fall after 15 years, so we are actually safer than those with 10 years, cos we know who we are

I beg to differ

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Re: Doing the 90-Days (again), but this time...
Posted by abe2710 - 06 Dec 2015 14:45

[markz wrote:](#)

[M58 wrote:](#)

I unfortunately stumbled

I beg to differ

[yehoshua wrote:](#)

I hear people fall after 15 years, so we are actually safer than those with 10 years, cos we know who we are

I beg to differ

Markz what do you differ with? that people after 10 years stumble or that that we are safer then them?

frilchein chanuka

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

Posted by markz - 06 Dec 2015 17:20

[markz wrote:](#)

[M58 wrote:](#)

I unfortunately stumbled

I beg to differ.

If you held your steering wheel strong, and didn't look for 3 seconds, you are doing Great!!!

[markz wrote:](#)

[yehoshua wrote:](#)

I hear people fall after 15 years, so we are actually safer than those with 10 years, cos we know who we are

I beg to differ

we are actually safer than those with 10 years, cos we know who we are

No. We all know who we are, the difference is - successful people that made it to 15 years know not only who they are, but what tools actually work for them One Day At A Time for 15 years

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

Posted by m58yiw84niym - 08 Dec 2015 17:28

Just stopping by to say still clean, thank God. Too busy to write much more, though. When I get a chance, I'll try to write something more substantive.

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