

We're gonna do this!

Posted by iwant2begood - 27 Dec 2015 21:32

I'm a yeshiva bochur struggling with lust for the past 7 years first it started off with small stuff then like all addictions it progressed I can't explain what an effect it had on my life I was shattered and depressed inside I wished someday that I didn't exist and the hardest part was that I had no one to share it with I had many times a clean streak but then relapsed often getting even deeper in the addiction I saw no way out i joined the 90 journey 11 days ago and bh since then still clean I need chizzuk and support but I'm sure I'm gonna succeed with hashems help habu ltaher mesiemen osoi

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Re: We're gonna do this!

Posted by iwant2begood - 31 Jan 2016 22:15

Day 46. Bh today was from my first normal day in a long time. I was on Dovs phone Confrence today and he really did a good job explaining step 3. I'm gonna try to implement it. Hatzlocha

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Re: We're gonna do this!

Posted by iwant2begood - 01 Feb 2016 21:57

Day 47. Bh I had an awesome day today learnt shtark, davened well, and socialized. I hope this continues. My biggest fear is what If I c"v have a fall again?? Am I gonna have to go through all that hell again??! But I'm not worrying because I'm letting hashem control my life and when I give over control to him he gives me the power to be sober just for today!. Keep on trucking!!

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Re: We're gonna do this!

Posted by cordnoy - 01 Feb 2016 22:12

[iwant2begood wrote on 01 Feb 2016 21:57:](#)

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continues. My biggest fear is what If I c"v have a fall again?? Am I gonna have to go through all that hell again??! But I'm not worrying because I'm letting hashem control my life and when I give over control to him he gives me the power to be sober just for today!. Keep on trucking!!

I'm curious if you can elaborate please: you give control to Him, and He gives you the power. How does that work please? I am not questionin'.....I am merely askin'. Thank you.

Continued hatzlachah

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Re: We're gonna do this!

Posted by iwant2begood - 02 Feb 2016 12:14

When I give over my control to hashem I don't need to fight anymore with the yetzer hora he does the fighting for me as long that I let him control

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Re: We're gonna do this!

Posted by cordnoy - 02 Feb 2016 12:44

[iwant2begood wrote on 02 Feb 2016 12:14:](#)

When I give over my control to hashem I don't need to fight anymore with the yetzer hora he does the fighting for me as long that I let him control

Great.

Bh.

So, who has the power?

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Re: We're gonna do this!
Posted by iwant2begood - 03 Feb 2016 10:59

Hashem of course!

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Re: We're gonna do this!
Posted by iwant2begood - 03 Feb 2016 22:22

Day 49. Bh I'm feeling gr8. I thank hashem for showing me gye and such a wonderful family!!

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Re: We're gonna do this!
Posted by iwant2begood - 04 Feb 2016 13:49

Day 50! Wow can't believe I made it to here!! I ask hashem to help me continue staying clean.
Thnx friends for helping me get to here!!

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Re: We're gonna do this!
Posted by markz - 04 Feb 2016 14:00

[quote="iwant2begood" post=276599 date=""]Day 50! Wow can't believe I made it to here!! I ask hashem to help me continue staying clean. Thnx friends for helping me get to here!![/quote]

AMAZING!

Im happy for you!!

Care to share what Trucking tools have helped you reach this MILEstone?

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Re: We're gonna do this!

Posted by Shlomo24 - 05 Feb 2016 01:46

You're great! Keep it up!

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Re: We're gonna do this!

Posted by iwant2begood - 06 Feb 2016 20:28

Day 52. Gut Voch! Shabbos was quite of a challenge since I ate in a hotel . There were a lot of attractive women there but I'm proud of my self that even if I by mistake looked I tried not to take a 2nd look (or a third!) I think the tool that works for me is that I try not to be curios . Even if I think I saw something i dont double check and I try to take 1 day at a time

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Re: We're gonna do this!

Posted by ywnhappyman - 07 Feb 2016 01:50

I just started and u have given me chizuk

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Re: We're gonna do this!

Posted by markz - 07 Feb 2016 01:55

Welcome ywn!!

Warning: Spoiler!

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Re: We're gonna do this!

Posted by BenTorah.BaalHabayis - 07 Feb 2016 05:33

[iwant2begood wrote on Unknown:](#)

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Fantastic! Chizuk in Shmiras Einayim goes a long way in beating this Y"H. You should be proud!

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