

Just started on my path to 90 days of freedom!
Posted by strugglinginpain - 26 Feb 2016 18:03

I just started on my path after many bumps, backslides and the final realization that I can't do it on my own. I have been emotionally scarred, but I won't get into that, and I suffer from an intestinal situation that keeps me in the bathroom. Yeah, I know it's the perfect place for privacy, where only you can stop yourself from watching inappropriate material.

I've had one fully clean day. That doesn't mean I haven't been thinking about it. Oy, how I've been thinking about it! The images I see in the silliest things and the headaches. One thing I'm glad about, Shabbos is almost here and I rarely have a problem on Shabbos, simply because you can't use electronics. Isn't it interesting, I won't be *mechalel shabbos* for anything (I love Shabbos), but *shichvas zera* is so difficult. Everyone has their own *nisoyon*.

I have just started reading the GYE handbook so I won't post yet on it.

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Re: Just started on my path to 90 days of freedom!
Posted by Yesod - 28 Feb 2016 05:39

Hey fellas,

It's a great idea, but if i can add, just like if we're hungry we eat, regardless if we had our scheduled dinner that night. When we need to reach out, we need to reach out so dont limit yourself. If you feel the need at anytime to connect just do it.

Also, if anyone is interested in phone shmoozing from time to time, im always up to connecting with a fellow soldier.

Gut voch

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Re: Just started on my path to 90 days of freedom!
Posted by strugglinginpain - 28 Feb 2016 06:12

Thank you realsimcha and Yesod. Since all of this is new to me, I really appreciate the support and ideas.

?? ??? and have gut, gezunt Voch.

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Re: Just started on my path to 90 days of freedom!

Posted by Sasha 2 - 28 Feb 2016 11:34

Welcome Welcome!!

I too am 23 in shiduchim, you came to the right place with great people who will support you until the very end and beyond...

Hatzlocha!

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Re: Just started on my path to 90 days of freedom!

Posted by strugglinginpain - 29 Feb 2016 05:27

OK. B"H I just had a very nice day. I traveled a little so that didn't give me much time to contemplate about any urges. Headaches are still persistent but more bearable. I don't know if they're subsiding or I'm getting used to them. But they're less noticeable, which is the main thing. I'm still having flashbacks of videos at unexpected moments.

I just realized how many hours I used to spend looking for these videos. Once I knew where and how to find them it was easy. But after I found one, I would look for a "better" one and so on and so forth. Then I would have ten or more paused videos open in my browser and I would view only the last one. Isn't that crazy? They all would've gotten me off the same way, but I was looking for more and more and more! And it wasted lots and lots of time.

Anyway, I'll go read other people's posts and call it a night.

?? ??? and have pure dreams.

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Re: Just started on my path to 90 days of freedom!

Posted by strugglinginpain - 29 Feb 2016 05:31

Hi Sasha 2,

I haven't really started *shidduchim*. How are you managing?

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Re: Just started on my path to 90 days of freedom!

Posted by strugglinginpain - 01 Mar 2016 06:00

Good evening,

B"H I have an uneventful day. I spent it with my parents. So, I didn't have time to think about urges, if I had any. Then in the evening after learning Gemara with my father, I was sitting alone and that's when those feelings started coming over me. B"H I had the presence of mind to overpower the thoughts, but it wasn't easy. It really was a fight. The images came to my mind and I was going to search the internet. But I nearly burst out laughing. How would I find anything? My filter wouldn't allow such images, let alone videos, to get past it. And I'm long out of practice in trying to bypass my filter (for a long time, I had my password). Besides, do I really want to give in when I've already had five whole days without acting out? I can't remember the last time that I've been clean for five days.

I realized that when I'm alone in the evening, that's when I'm the most vulnerable to my feelings. I begin to get lonely, even with my parents in the house, and I'm tired, so I give in more easily to my emotions.

I'm going to have to change something with my evening routine if I don't want to wear myself down.

At any rate, I feel a lot stronger, now that I've overcome those feelings.

Have a good night and pure dreams.

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Re: Just started on my path to 90 days of freedom!

Posted by Shlomo24 - 01 Mar 2016 06:48

A common saying in SA is to be aware of HALT:

H - Hungry

A - Angry

L - Lonely

T - Tired

Hatzlacha Rabah.

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Re: Just started on my path to 90 days of freedom!

Posted by Sasha 2 - 01 Mar 2016 12:18

[strugglinginpain wrote on 29 Feb 2016 05:31:](#)

Hi Sasha 2,

I haven't really started *shidduchim*. How are you managing?

I havent actually gone out yet either, but im definitely working on getting the right tools.

Im on the right track and so are you!!

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Re: Just started on my path to 90 days of freedom!

Posted by strugglinginpain - 02 Mar 2016 05:35

Hi Shlomo24,

I have to be aware of at least two out of those three (L and T). Sometimes, H as well.

Thanks.

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Re: Just started on my path to 90 days of freedom!
Posted by strugglinginpain - 02 Mar 2016 05:42

Hi Sasha 2,

Keep up the good work and ????? ???.

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Re: Just started on my path to 90 days of freedom!
Posted by strugglinginpain - 02 Mar 2016 05:50

B"H another clean day towards my goal of a lust-free life. I was quite occupied today, so the thoughts and images in my mind were few and far apart.

That's all for tonight,

?? ??? and have pure dreams.

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Re: Just started on my path to 90 days of freedom!
Posted by strugglinginpain - 03 Mar 2016 05:54

Wow, seven whole days without acting out or viewing inappropriate material!

B"H during most of the day today I felt like I didn't need or want to act out. It felt great and exhilarating. In the evening I felt the usual urges but with *Hashem's* help I was able to ignore them. Of course, I know that I have a long way to go to enjoy a lust-free life. But it just shows you that if you take one day at a time, it certainly adds up.

?? ??? and have pure dreams.

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Re: Just started on my path to 90 days of freedom!

Posted by Sasha 2 - 03 Mar 2016 11:24

[strugglinginpain wrote on 03 Mar 2016 05:54:](#)

Wow, seven whole days without acting out or viewing inappropriate material!

B"H during most of the day today I felt like I didn't need or want to act out. It felt great and exhilarating. In the evening I felt the usual urges but with *Hashem's* help I was able to ignore them. Of course, I know that I have a long way to go to enjoy a lust-free life. But it just shows you that if you take one day at a time, it certainly adds up.

?? ??? and have pure dreams.

Wow, Great! seven WHOLE days, i remember clear as day my first week clean and how excited

Hatzlocha!

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Re: Just started on my path to 90 days of freedom!

Posted by markz - 04 Mar 2016 02:49

Keep on Trucking is a standard gye refrain everyone repeats, which I use a little more liberally to advertise the Free Towing

My friend struggling, if you are counting days only, I personally don't think that's considered trucking, rather more like ticking - watching the clock tick - or rather a bomb ticking, tick tick...

Explode... BAM!!!!

I don't think you want to go down that road on your bike

so whats the plan?

Posting daily is one. anything else?

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