

Starting Tomorrow

Posted by Seeking Support - 04 Mar 2016 02:53

Hi, my name is Seeking Support I'm starting the 90 day challenge starting March 4, 2016, does anybody have tips on keeping clean?
Hatzlacha,

SS

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Re: Starting Tomorrow

Posted by markz - 04 Mar 2016 03:02

Great move!!

I know that my recovery tools are not universal for everyone, yet I'd still recommend you checkout my story (see end of page 1), and see if anything makes sense to you

If you were born after 1996, it can be highly helpful to have a sponsor to talk to, or a close Rebbi...

KOT

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Re: Starting Tomorrow

Posted by BenTorah.BaalHabayis - 04 Mar 2016 03:50

For me, the greatest tool I had was coming to understand the idea of "lust" and internalizing the fact that I don't want to lust because it makes me miserable. If I don't lust I won't need to act out, and that allows me to lead a content life.

This is obviously besides for the tremendous benefit of simply breaking out of isolation and

being an active member of this wonderful chevra.

Hatzlacha!

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Re: Starting Tomorrow

Posted by cordnoy - 04 Mar 2016 13:54

Tomorrow, tomorrow, i love you, tomorrow.....it's only a day away.

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Re: Starting Tomorrow

Posted by Seeking Support - 04 Mar 2016 17:26

Wait, why 1996?

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Re: Starting Tomorrow

Posted by pischoshelmachat - 04 Mar 2016 18:07

Hi SS,

You came to the right place. Why not start by reading the GYE Handbook? It is a great place to start. Make some relationships with people on this forum. There is a wealth of support and knowledge here. I have even spoken on the telephone with many posters here.

Please tell us about your struggles, your age, marital status, do you have children, grandchildren, are you in yeshiva etc. Noone will recognize you because there are hundreds of every type of person on here including kollel yungerleit, yeshiva bochurim, baalei batim, magidei shiur, rabbonim. We are all here helping each other get better and stay better.

Just keep an open mind and make sure to decide that you are willing to do whatever it takes to get better. You must because the alternative is Sheol Tachtis.

We love you and will do whatever we can to help!

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Re: Starting Tomorrow

Posted by markz - 04 Mar 2016 19:09

What I wrote about 1996?

You may be able to answer that by yourself after 2030, I don't know how to explain it now. If someone else can, please do

Your avatar image showed a different eye yesterday

Did you get a transplant?

Is this a new feature offered by gye?

So now, no more porn, no more vids, no more YouTube?

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Re: Starting Tomorrow

Posted by Shlomo24 - 04 Mar 2016 20:45

[markz wrote on 04 Mar 2016 19:09:](#)

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Your avatar image showed a different eye yesterday

Did you get a transplant?

Is this a new feature offered by gye?

So now, no more porn, no more vids, no more YouTube?

I'm not sure if you're joking mark. Your comments seem a little insensitive.

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Re: Starting Tomorrow

Posted by markz - 04 Mar 2016 21:00

Would it have been better if I didn't answer his question?

Are you able to answer his question?

I can, it just needs a lot of thought to write it right and I don't know if I have the time for that

Hold on, which comment was insensitive

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Re: Starting Tomorrow

Posted by Seeking Support - 06 Mar 2016 20:34

This eye is my eye, not one off the internet.

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Re: Starting Tomorrow

Posted by markz - 06 Mar 2016 20:39

So guard it!

and let us know how you're doing my friend

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Re: Starting Tomorrow

Posted by Shlomo24 - 06 Mar 2016 21:31

I thought the last reMARK was insensitive. There are nicer ways of asking how someone is doing.

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Re: Starting Tomorrow

Posted by markz - 07 Mar 2016 03:20

Sorry - I never mean to hurt anyone

I wouldn't even hurt a [fly](#)

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