

Here we go

Posted by Aryeh821 - 16 Mar 2016 18:51

Day 1

all right here i begin

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Re: Here we go

Posted by pischoshelmachat - 17 Mar 2016 22:56

Welcome Aryeh,

I wish you a peaceful journey filled with a great sense of fulfillment. We are all rooting for you!

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Re: Here we go

Posted by markz - 18 Mar 2016 00:45

One day, One day, One da'a'ay

May you merit many one days like Shlomo24

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Re: Here we go

Posted by Aryeh821 - 18 Mar 2016 16:36

Not sure how to say it is this day three or two and a half

Any ways doing good so far just checking in

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Re: Here we go

Posted by Aryeh821 - 20 Mar 2016 03:49

Day 4

hi all I had a major slip today

went to shul right after lunch but I wasn't thinking and it was three hours before mincha and the place was empty

my main lifeline that stopped me from actually falling was probably the fact that I knew I'd have to start again on the 90 day count

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Re: Here we go

Posted by BenTorah.BaalHabayis - 20 Mar 2016 05:12

Glad to hear you didn't fall.

Do you have any tools you're working with or are you simply going to "hold your breath" for 90 days?

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Re: Here we go

Posted by cordnoy - 20 Mar 2016 05:49

[Aryeh821 wrote on 20 Mar 2016 03:49:](#)

Day 4

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went to shul right after lunch but I wasn't thinking and it was three hours before mincha and the place was empty

my main lifeline that stopped me from actually falling was probably the fact that I knew I'd have to start again on the 90 day count

You were gonna fall in shul?

I understand the possibility, just wanted to make sure I followed the post.

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Re: Here we go

Posted by Aryeh821 - 20 Mar 2016 13:11

Well actually in the washroom of shul

and I'm doing the taphsich method plus chizuk emails posting and going through the handbook

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Re: Here we go

Posted by pischoshelmachat - 20 Mar 2016 18:10

Aryeh,

Good for you! Do you feel at ease and relaxed in your new found purity or do you feel a constant strain and battle to stay clean?

If the latter, how long do you think you can keep it up? There are things you can do that will relieve you of what we call here "white knuckling" and make your life serene and peaceful without feeling the constant struggle.

Just ask and we will all be happy to share with you.

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Re: Here we go

Posted by realsimcha - 20 Mar 2016 22:05

Aryeh,

Wishing you hatzlacha! Keep at it! We are here! I can identify all too well with the falling in a shul washroom situation. All the time saying to myself "I can believe I am doing this in a shul. whats wrong with me?!!" Well, I dont ask myself whats wrong with me. I know whats wrong with me. Just trying to stay "right" for today. I wish you strength & clarity.

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Re: Here we go

Posted by Aryeh821 - 23 Mar 2016 19:18

Hey all I had a fall yesterday will update soon really crazy day so if nut today tommorow

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Re: Here we go

Posted by Sasha 2 - 23 Mar 2016 20:06

Sorry to hear that...

We are here for you!

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Re: Here we go

Posted by Aryeh821 - 25 Mar 2016 19:55

day 2

so here's the promised update although it's a day late as taanis Esther and Purim were crazy

so after my longest streak of 6 days I had a fall

i had a major stomach ache and went to the washroom probably 20 times that day

although i was sorely tempted I held my self back until the last time I couldn't anymore and fell

my main problem/obstacle right now seems to be the washroom I'm not going there to act out but once I'm there..... It's not really a situation I can avoid any ideas/thoughts?

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Re: Here we go

Posted by realsimcha - 25 Mar 2016 21:02

Dont bring your phone in with you. Would that help?

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Re: Here we go

Posted by Aryeh821 - 25 Mar 2016 21:36

Not really I'm in yeshivah most the time (that's when the fall happened) I dorm there and no phones allowed the fall Was masturbation not porn

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