

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 Josephsbrother - 08 Mar 2018 13:14

The best news you are still here, I had from 1972 had victory only here and there, some times months of victory, yet then around 800 day ago I found Guard your eyes, I found the missing pieces where I had been falling, I found more secret of victory, and maintenance, your will be the same, setback will be more and more apart of your past, thanks for the update.

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Re: Here we go

Posted by Aryeh821 - 09 Jul 2018 21:25

hey all its been a while

ive had a ton of up and downs still the last post but its a lot harder to post these days since my computer is totally of limits to me since the filter sometimes spazzes and even with it there sites i can access so as of now tottaly off limits

skipping to the chase just started on a new streak heres some things which have really helped in the past plus some new ones this time round not saying they are going to work for everyone or anyone just sharing my journey

- 1) I intensely dislike the summer (dont want to use hate on one of G-Ds creations)
- 2) 30\$ knas if i watch porn or masturbate with out calling a friend first nothing on the actual acting out just on before acting out (I love this guy everybody should be zocheh to have a friend like this)
- 3) Computer being off limits
- 4) i have to check with my friend at the end of each day

5) learn a little bit of the sefer Zos Brisi every night before bed (not getting in to the whole torah addiction aspect it works for me suck it up if you dont like it)

6) doing at least ten minutes a day of the book gentle path through the twelve steps given to me by my psychologist (same thing as before if you dont like the twelve steps suck it up it works for me not interested in arguing)

7) having something to think about in bed while falling asleep usually torah

8) going to my psycholosgst every week (same as my friend just awesome thanks to the one above for arranging this)

9) checking in with my Mashgiach every week

10)ODAT

11) Reveiwng in my head the fealing that i had last fall when i had a tzad to call a friend that "i would have been happier if i had called ploni"

12) Achron chaviv would impossible without the help of G-D

hopefully i can at least get my five months back and more

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Re: Here we go
Posted by Ihavestrength - 11 Jul 2018 03:27

[Aryeh821 wrote on 09 Jul 2018 21:25:](#)

hopefully i can at least get my five months back and more

Good stuff. You never lost it though. No one can take that away from you.

Hatzlacha!

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Re: Here we go
Posted by Aryeh821 - 12 Aug 2018 19:34

day 38 and counting yay

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Re: Here we go
Posted by growup - 13 Aug 2018 00:16

Read through some of your thread - your a modern day palti ben layish

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Re: Here we go
Posted by Aryeh821 - 23 Sep 2018 18:05

day 80 and vaiteir B"H

had speek to my mashgiach and parents EEEEEEEK! about a really specific part of my addiction and my acting out (dont want to go into details in case it sets somebody off) my thanks to G-D for who they are increased by a toooooooooooooooooooooooon after the way they reacted

also having to keep check of not falling into the i'm too holy and good at this to fall so i dont have to have protection

gut yom tov chevra

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Re: Here we go
Posted by Hashem Help Me - 23 Sep 2018 19:21

Wonderful you were able to speak about this! What a release of anxiety! Mazel tov on 80. Keep it up. Be prepared that after 90 there is day 91. It gets easier and easier but the nisayon does not disappear. Don't wake up on day 91 and ask "Now what?" Feel free to be in touch about

post 90.

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Re: Here we go
Posted by Aryeh821 - 04 Oct 2018 18:35

thanks G-D still good i kind of stopped working towards 90 days and now i'm just trying to focus on today and, tomorrow... well i'll worry about it when it comes

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Re: Here we go
Posted by Aryeh821 - 29 Apr 2019 20:51

hi all day 297 is going great havent been here for a while so just popped in to say hi

and to rant a little cause someone i liked alot and rooted for seemed to throw in the towel to a part of his struggle and it hurts thats it

also i met a fellow addict over pesach the guy read my face like a book seeing alot of pain there and pulled me too the side to talk and talk we did i dont think i ever heard someone describe my internal pain and anguish as well as he did

i dont think i have ever met someone as confusedly clear (hope that makes sense) as him so clear and yet so terribly confused

May G-D help us with our struggles and lives

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Re: Here we go
Posted by Markz - 30 Apr 2019 02:11

Nice to see you back and doing well ;-)

KOT!!

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Re: Here we go
Posted by Aryeh821 - 17 Feb 2020 00:35

Hi all dont know if anyone is there who has been there since day one but it doesn't really matter we are all in this together i just wanted to update the oilam in case anybody sheps nachas or whatever gets inspired or some thing

day 559 and continuing trying to knock there is up and downs but staying away from my base line stuff

trying to thank G-D for being tzur chaeinu for me and for us all

trying to be thankful for my many friends who have helped me along the way and continue too

trying to be honest

trying to not get down by the not so good days and to appreciate the good days

stay knocking truckers (dont know if thats a thing anymore on here havent been here for a while)

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