

Breaking Free in 90-days, my journey so far...

Posted by chaniel - 20 Mar 2016 13:51

My journey starts today on 21-march-2016, have always planned to sign on to 90-day chart as a means to combat and face my challenges; masturbation, lust, sex and others that follows such behavioral pattern, have my fears on my ability to keep clean for 90-days in other to break free, have always wanted to prepare myself before embarking on this journey, but my fall today, made me to understand the dangers of procrastinating it. please share your experiences with me on your journey so far.

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Re: Breaking Free in 90-days, my journey so far...

Posted by markz - 20 Mar 2016 14:03

I'm with you!!

90 day Trucking chart is the way to go!!!

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Re: Breaking Free in 90-days, my journey so far...

Posted by cordnoy - 20 Mar 2016 15:36

Welcome.

We are here with you.

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Re: Breaking Free in 90-days, my journey so far...

Posted by newbeginning - 20 Mar 2016 17:05

Good luck! We are all here to help you! Just reach out and ask.

I am on my 63rd day clean BH, and feel like a completely different person! It's worth it!!

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Re: Breaking Free in 90-days, my journey so far...

Posted by Sasha 2 - 21 Mar 2016 08:28

Welcome!!

I second that, Oh, is it worth it!

Hatzlacha on your journey!

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Re: Breaking Free in 90-days, my journey so far...

Posted by BenTorah.BaalHabayis - 23 Mar 2016 04:03

Welcome and good luck on your journey! The 90 day clean streak was the best thing that has happened to me in a while...

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Re: Breaking Free in 90-days, my journey so far...

Posted by chaniel - 23 Mar 2016 19:05

thanks all for your encouragements, your responses motivated my my spirit the more and zeal to achieve my aim of staying clean, its been 3 days now since i have been clean, i wouldn't say its been easy, since am single and not yet ready for marriage. I know this is the right time to build my self and shape my character, yet am in a fix; when i realize that going out on a date or even asking someone out might fire up my lusts, yet i don't want to feel lonely. (relationship wise). if you were ever faced with such dilemma, I will like to hear from you on how you faced it.

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Re: Breaking Free in 90-days, my journey so far...
Posted by markz - 23 Mar 2016 23:19

Guys you're letting chaniels tires lose their air, can someone please come ASAP with a **MONSTAH** pump???

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Re: Breaking Free in 90-days, my journey so far...
Posted by Gevura Shebyesod - 24 Mar 2016 04:11

try some of this:

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Re: Breaking Free in 90-days, my journey so far...
Posted by Sasha 2 - 24 Mar 2016 08:40

[chaniel wrote on 23 Mar 2016 19:05:](#)

thanks all for your encouragements, your responses motivated my my spirit the more and zeal to achieve my aim of staying clean, its been 3 days now since i have been clean, i wouldn't say its been easy, since am single and not yet ready for marriage. I know this is the right time to build my self and shape my character, yet am in a fix; when i realize that going out on a date or even asking someone out might fire up my lusts, yet i don't want to feel lonely. (relationship wise). if you were ever faced with such dilemma, I will like to hear from you on how you faced it.

3 days is the right start, keep it up!

I don't know exactly how to answer you, but staying clean and working on myself has helped with lusting somewhat. Being that you said "you are not ready for marriage" working on yourself precisely now is the perfect thing to do and hopefully when you do go out you will be able to pull through.

Hatzlacha

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