

My journey

Posted by Jonstewart - 27 Jul 2016 19:01

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Hi everyone! I've tried the 90 day journey before, and succeeded (or failed) to varying degrees each time but never made it to 90. So I've created this post to document my journey and perhaps help others along the way (no pun intended). I'll update this every day (except shabbos and yom tov) bli neder.

All the best

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Re: My journey

Posted by Dooby - 02 Aug 2016 05:31

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Hi Jonstewart,

?I am right behind you in day 5. It is not easy to admit to myself and to give over to others that I had failed in trying to conquer this yezer rah alone. I too am trying to post something each day to keep myself on target and in focus.

\it has been painful to try to talk to my wife knowing how angry she is at me. Letting myself down and having hurt her. Everything is at stake which is important to me, my wife and family. I can not fail, My wife has decided to join the spouses group to see if that will help her deal with her anger and sense of betrayal. G-d willing I will have the strength to conquer the beast and be the man I want to be for both of us!

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Re: My journey

Posted by Jonstewart - 02 Aug 2016 13:41

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It's hard but the alternative, fighting alone and forever, is harder. I'm humbled by you. Fighting

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Re: My journey

Posted by Jonstewart - 03 Aug 2016 03:32

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Day 7: B"H good day today. I'm so thankful to Hashem for keeping me clean so far. I'm finding it hard not to watch any form of entertainment. If anyone knows of something funny and clean I'd love to hear.

For years I thought my problem was masturbation. Only about about a week ago, through reading the handbook, I realized that it is only a symptom. My real problem is lust, and the REAL problem is that I didn't even see it as a problem. If it it wasn't porn, I didn't see the problem in checking out the girl in the movie or video, or the woman outside my window walking down the street. Oh by the way, its one hell of a problem. No, its not a normal healthy thing to do; it wrecks your life!

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Re: My journey

Posted by Dooby - 03 Aug 2016 03:37

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Re: My journey

Posted by Jonstewart - 03 Aug 2016 22:04

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Day 8: B"H good day today. I'm feeling a little irritable. Wanting to be alone. I'm also a little upset at myself for being irritable. It's amazing, how when I'm feeling like this, very small things are overwhelming. The human psychology is so complex. Trying to figure out what sets these moods off is enough to give me a headache. I think it comes from selfishness to some extent. When ones life is so self-centered, there is no room for others. Other people are just an annoyance, in the way.

This past week I was able to connect with people quite well, better than I have been able to in a

long time.

Today, I started a new project/personal goal and now I'm feeling irritable. It almost seems whenever I have goals or ambitions I become a more selfish irritable person. It's terrible.

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Re: My journey

Posted by Jonstewart - 04 Aug 2016 12:05

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I fell.

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Re: My journey

Posted by gibbor120 - 04 Aug 2016 14:17

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I'm sorry to hear that. Perhaps set a goal realated to being selfless and giving. Get back in the truck and KOT.

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