

90 days or bust!

Posted by Fool - 09 Aug 2016 02:46

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My 90 days are starting tonight. For the past 2 months I have seriously tried to quit my porn use. The longest I went in that time was 15 days. Even though I was only moderately successful, it still gave me great happiness. I have been consistently happy for perhaps the longest time in my life.

For the past month my clean time has become less and less. The most recent was 6 days and I relapsed last night and again this morning. I am very upset and missed tefillin for perhaps the first time in over 2 months. I have decided that doing this on my own is not working so I came here for help.

Porn is incredibly damaging for my life and I would sincerely like to stop. I feel like I am insane when, despite keeping my mind and eyes clean, I still have serious thoughts and urges to go back to my old habits. I also have had substance abuse problems and quitting that was so much easier. It's a joke compared to trying to stop watching porn.

I am going to try and utilize the methods and help here in order to rid myself of this harmful behavior.

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Re: 90 days or bust!

Posted by Markz - 09 Aug 2016 07:35

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Welcome Fool Shmuel!

I'm sure you heard Barditchevs famous gye line

Fell Shmell...

So

KEEP ON TRUCKING!!!

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Re: 90 days or bust!

Posted by benyakov - 09 Aug 2016 18:26

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yes it's insane and sick but these thoughts and urges are not going to stop.

the issue is, knowing this, what are you going to do?

read the handbooks and ask hashem for help

hatzlacha.

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