

Just Starting

Posted by chizukconstant - 20 Dec 2016 17:43

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Starting 90 Days today.

Really don't want to.. I'd much rather just stop.. but that doesn't seem to be happening.

Been trying to long.. its time to try something new. So here we go.

Sometimes I just can't believe it has come to this..

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Re: Just Starting

Posted by chizukconstant - 26 Dec 2016 16:23

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Day 7

Bh I'm still going strong. I've been thinking lately, how crazy it is that we can't completely cut out seeing inappropriate things even if we want to. Like someone else said we can see we just can't look. But wouldn't it be so much easier if there was some way to not see it in the first place. But I guess that is our nisayon. Because everywhere we go, every site we go on, there is always something inappropriate lurking. It's like a constant reminder that with the click of the button we could have all the gratification we seek. Perhaps I could turn it into a reminder of just how on top of my game I need to be..I dono

@gibbor120 Thank you for the food for thought. That being said I have made positive changes as well. For one, I view the 90 days as a positive change. By having a chart to update daily and not just saying from now on I am going to be clean I have a reminder every day to stay focused and on track. I am also trying to consistently post here, which is helping work through my feelings as I go on this journey.

But on top of those, I have also started going to the mikvah everyday. I learned that it lessons one tayva. I also daven when I am there that Hashem should help me with my struggle.

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Re: Just Starting

Posted by chizukconstant - 27 Dec 2016 15:16

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Day 8

One week behind my belt, Feels good!

Gotta keep on fighting one day at a time. I thought chanukah would be more of an inspiration for me. You always here that looking at the lights cleans out your eyes. Hasn't felt that way though, as I've been having a tough time connecting. I go through the motions, sing the songs, but I don't feel inspired as I though I would.

Yet, I realized something because of this. When I am not learning, davening etc. as I should I get down. Like what am I doing with my life. If I could be learning and I instead fall asleep on the couch, I feel like A loser. But I am wrong. For I have a real struggle and battle I am fighting with the YH. As long as I am clean and not looking at what I am not supposed to I am winning. It doesn't matter what I am doing during the day. For this is my main battle (at least at this point in my life.)

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Re: Just Starting

Posted by Singularity - 27 Dec 2016 15:24

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KOT! Nothin' else t' say!

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Re: Just Starting

Posted by czworking123 - 27 Dec 2016 22:18

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feel the same

and as singularity said KOT notin else to say (except that it's great that you figured out the right

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Re: Just Starting

Posted by chizukconstant - 28 Dec 2016 15:10

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attitude)  
Day 8.

Dont feel like posting but said I would anyways. Bh I'm still clean. Not in a great mood today so I know today will be hard. But I'm going to keep on fighting.

One day at a time

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Re: Just Starting

Posted by chizukconstant - 30 Dec 2016 14:59

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Day 11,

Bh im still clean. I wonder if anyone else has this issue. My wife likes to watch movies/tv with me. I myself am also not ready to give them up. Its just something we can do together after a long day. Recently I told her I don't want to watch anything R rated because its inappropriate. It has made things alot easier on me. But these days even "clean" movies are inappropriate. Its just so hard to think of never watching again...

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Re: Just Starting

Posted by Spike Ed - 01 Jan 2017 06:49

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Hey, im also on my 90 day journey so good luck to ya and looks like you've been amazing, really inspiring post. I struggle with the movies and Tv as well, my wife watches alot too and I kind of just havent thought to much about it though maybe a conversation is a good place to start. I only recently, past couple of months, started discussing my problem with my wife and as hard as that was, with her support ive made more effort than I ever did alone. Keep us posted and keep it up!

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Re: Just Starting

Posted by chizukconstant - 02 Jan 2017 14:50

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Day 14.

I am almost at 2 weeks. I feel good. Although I have gone 2 weeks before I see now that being conscious about it and updating my chart is really helping. By visiting GYE I remember what I am doing and renew my conviction daily.

I also find that it is becoming easier for me to ask Hashem to help right when I am at the beginning of a nisayon coming on, before it gets too hard to think straight. I think this so important because once the full drive is there I find I already lost the battle.

one day at a time

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Re: Just Starting

Posted by cordnoy - 02 Jan 2017 14:52

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Great to hear.

Continued hatzlachah.

Have you read the white book?

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Re: Just Starting

Posted by Singularity - 03 Jan 2017 09:26

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Keep it up!

My wife and I have two rules about movies.

- Animated Animal Characters
- Once every few months at the least.

Try set some guidelines.

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Re: Just Starting

Posted by chizukconstant - 03 Jan 2017 17:37

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2 weeks! Bh

Its been an interesting 2 weeks to say the least. Bh i've been okay as long as I remain focused, read the emails every day. and logon here.

@cordnoy What's the white book?

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Re: Just Starting

Posted by cordnoy - 04 Jan 2017 00:28

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[chizukconstant wrote on 03 Jan 2017 17:37:](#)

2 weeks! Bh

Its been an interesting 2 weeks to say the least. Bh i've been okay as long as I remain focused, read the emails every day. and logon here.

@cordnoy What's the white book?

What's porn?

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Re: Just Starting

Posted by chizukconstant - 04 Jan 2017 15:26

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Day 16

Watched a movie last night. It felt good researching the movie beforehand to make sure it was appropriate. In the past the worse it was rated the better. This time if it wasn't rated pg-13 or better I didn't even consider it.

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Re: Just Starting

Posted by gibbor120 - 04 Jan 2017 22:49

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Posting here is a good start. For me, it definitely opened up other avenues of recovery. Some,

as simple as changes in attitude. Other changes, bigger, like meeting dov and joining his phone conference. Doing a first step inventory etc.

Everyone is different. If it works great. If not, don't be afraid to try something less comfortable, but more effective. Often, the less comfortable solutions are the ones that really work.

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