

Bgit's Path Round #2

Posted by bgit - 17 Sep 2017 02:34

Day #1

After getting through 23 days I had a fall on my [last](#) challenge of making it 40 days until Yom Kippur I had a fall. I've decided to try again with some small differences which I hope will make things a little better.

First, I'm going to try and make it to Yom Kippur again, which is two weeks away. I made it 14 days last time (for the first time ever) and believe that I can do it again. I think that 40 days (and for sure 90) is too much for me at this point. Afterwards we'll see how I'm doing.

Second, I'm going to put more emphasis on exercising. Last time I got burnt out from the stress, and I didn't have masturbation to relieve it. I believe that if I would have had a way to deal with this, I wouldn't have fallen.

Third, I'm going to try and get more sleep. I noticed that when I don't get enough sleep I feel frazzled and it makes it much harder for me.

That's all for the new intro. See everyone on day 2!

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Re: Bgit's Path Round #2

Posted by bgit - 23 Nov 2017 22:26

Day #25

B"h still clean from pornography. I also haven't masturbated for longer than I thought I could without even really trying. I've been working on not getting anything started and that's made it a lot easier. Yesterday I started getting involved in some stuff that I shouldn't have been (not

pornography) but b"h I caught myself and was able to stop before it progressed any further.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by Hashem Help Me - 24 Nov 2017 04:36

You are a real inspiration. Following your daily pots is witnessing how someone crawls from the depths of despair and illness to a bright airy and comfortable life. Iyh you will guide others out of this mess to life. You are showing everyone that it can be done.

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Re: Bgit's Path Round #2
Posted by bgit - 24 Nov 2017 17:19

[Hashem Help Me wrote on 24 Nov 2017 04:36:](#)

You are a real inspiration. Following your daily pots is witnessing how someone crawls from the depths of despair and illness to a bright airy and comfortable life. Iyh you will guide others out of this mess to life. You are showing everyone that it can be done.

I appreciate the kind words. I still have a ton of work, but iy"h I'll be able to get out of this.

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Re: Bgit's Path Round #2
Posted by bgit - 24 Nov 2017 17:20

Day #26

Not much to say today and b"h things are ok.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by lionking - 24 Nov 2017 18:33

I'm impressed with you. You inspire me with your small little update posts. Can you share what works for you?

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Re: Bgit's Path Round #2
Posted by bgit - 26 Nov 2017 03:36

Day #27

@lionking

Basically right now I'm focusing on not watching any pornography (that breaks the streak) and trying my best to get rid of imagery. For more details see the first day of this "streak". For what it's worth, many people weren't happy with this idea so this isn't me advocating anything, just me recording stuff. I felt like I got most of my major thoughts out there already and now I'm just trying to keep myself accountable. If I have a reason to go into more detail I definitely will.

B"h shabbos was good. I'm almost at a week with no masturbation, but it feels so strange that it was almost effortless. I just never felt a need for it. This is definitely my biggest streak without a real effort put into fighting it directly (I have gone longer in other "counts"). Hashem definitely helped me out here. ly"h it will continue.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by lionking - 26 Nov 2017 03:47

Gut Voch,

I appreciate your share. I wish you much Hatzlocha.

I was just wondering if you have a plan for when the going gets tough. I've had also tons of times long stretches were it was extremely effortless, however when the road went uphill, my truck stalled. I hope you have a great transmission in place to pull you through those bumps in the road.

Keep up your great work!

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Re: Bgit's Path Round #2
Posted by bgit - 27 Nov 2017 02:36

Day #28

I'm four weeks in! The lack of porn makes such a big difference to my life. I haven't lusted in a while because of it and the clarity that I got because of it is really wonderful.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by Hashem Help Me - 27 Nov 2017 03:12

Gematria "koach". You are a real inspiration. Keep it up and soon you will iyh be helping others.

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Re: Bgit's Path Round #2
Posted by bgit - 27 Nov 2017 22:47

Day #29

B"h things are still good. I was even home by myself for a while which is usually a trigger, but I was careful to not let anything get started. Thankfully Hashem helped me.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 28 Nov 2017 22:58

Day #30

I made it a month porn free! That's pretty exciting for me and it's probably my record for about 15 years. I feel pretty excited about it and feel like I can make it all the way.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by Hashem Help Me - 29 Nov 2017 01:56

Mazel tov! You must feel great. Keep it up. We are all rooting for you

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Re: Bgit's Path Round #2
Posted by bgit - 29 Nov 2017 23:50

Day #31

Still going strong and not much to report today.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 01 Dec 2017 02:04

Day #32

I was home alone and ended up masturbating. I didn't give in to porn though. I gave in a little bit and then I got carried away. I need to work on that little bit.

See everyone tomorrow!

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