

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 - 26 Dec 2017 02:41

Day #57

Today is good but yesterday I ended up masturbating again. I've noticed that things are much easier to control and don't get out of control when the masturbation comes without looking at anything as opposed to getting a little caught up in bad stuff (even if it's not pornography).

Everything is much weaker then. B"h there was no porn so that's good.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 26 Dec 2017 02:44

[Markz wrote on 24 Dec 2017 08:25:](#)

[bgit wrote on 23 Aug 2017 19:28:](#)

I forgot my old account and don't have access to it's email account.

Can I take a guess?

I may be wrong, but how about [Ykv schwartz](#)

Nope, never seen that before. Interesting story though...

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Re: Bgit's Path Round #2
Posted by bgit - 28 Dec 2017 01:53

Day #59

B"h things seemed to have calmed down a lot. I still have to be careful though and not give in that little bit in the beginning, that's where the fight really is. I'm almost two thirds to ninety porn free days!

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 28 Dec 2017 22:16

Day #60

Two thirds in! B"h things are good today.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 01 Jan 2018 00:37

Day #63

B"h still clean from porn. I have less than a month left.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 02 Jan 2018 02:02

Day #61

B"h still good.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 03 Jan 2018 02:09

Day #62

Still going well. I'm in the easier part of the post-fall. It's been a little while since I last fell and it feels like I'm coasting along, but it doesn't last forever.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 04 Jan 2018 02:48

Day #63

B"h everything is still going well. ly"h it will continue.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 05 Jan 2018 01:55

Day #64

B"h things are still going good. I've also been clean from masturbating for about a week.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by youcan - 05 Jan 2018 02:21

I like your idea of counting separate for porn & separate for mb, I was also thinking that once I reach 90 days here (hopefully is 89 days from now..) I want to start counting again for "guarding my eyes" from inappropriate images & from looking where I shouldn't.

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Re: Bgit's Path Round #2
Posted by Hashem Help Me - 05 Jan 2018 06:31

[youcan wrote on 05 Jan 2018 02:21:](#)

I like your idea of counting separate for porn & separate for mb, I was also thinking that once I reach 90 days here (hopefully is 89 days from now..) I want to start counting again for "guarding my eyes" from inappropriate images & from looking where I shouldn't.

A very big Rosh Yeshiva ztz"l held of advising bochurim struggling with these issues to separate the two. And on the occasion one fell with mast*** he urged it be done without any imagery. He claimed a high success rate of getting these boys to eventually stop mast*** also. You can PM

to me for more info.

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Re: Bgit's Path Round #2
Posted by bgit - 07 Jan 2018 23:50

@ youcan &HHM

I've definitely seen a tremendous difference with myself since starting this. I've really experienced the wisdom of breaking seemingly insurmountable issues into smaller problems. There aren't any guarantees in life, but I can say that this has helped me a lot and would recommend it to someone who thinks that it can help them. Keep checking in if you want to see how things turnout for me.

Day #67

I feel like I'm getting pretty close to the end of this challenge. I've been thinking how to continue it and have some ideas for the next steps I'll take that I'll share after I finish.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 08 Jan 2018 21:59

Day #68

Things are still good B"h.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 12 Jan 2018 02:49

Day #71

B"h everything is still good. Less than three weeks left!

See everyone tomorrow!

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