ChizukSC 90 day challenge
Posted by ChizukSC - 04 Jun 2018 02:20

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Brief introduction: I unintentionally started masterbating as a young kid 12 years ago. Since then, I have longer periods where I was able to quit, mainly while studying in yeshiva. However, ever since I starting dating, I have found the struggle not to act out hard when dating people who I find attractive.

Recently, I have come to grips with the idea that there is no way I can get married while I have this habit. This happened in conjunction with meeting a girl that I can see myself G-d willing marrying some day and the strongest incentive in my head for being able to control myself on my road to ninety days so far, is that I can only marry to this absolutely amazing young women if I conquer this habit. In my moments of weakness during these first sevens days (seven days clean currently) it helps me to imagine her face of disappointment at me if I would do such things.

Here's to being on my way to 90 one day at a time!

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Re: ChizukSC 90 day challenge
Posted by i-man - 22 Jun 2018 04:25

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Hey whats up keep up the great work

Another thing that could really help in the face of powerfull urges is to call someone ,theres alot of good people here that make themselves available to talk to those who want to talk , and as so many people have vouch for and im just discovering for myself - it really could help.

wishing you the best

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Re: ChizukSC 90 day challenge

Posted by ChizukSC - 07 Oct 2018 15:18

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Unfortunately I have been distracted from my goal for a while. Plan to start trying in earnest again (posting more, using the tools).

What's the difference between a sponsor and partner? I need to start speaking to someone for this to work.

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Re: ChizukSC 90 day challenge
Posted by ChizukSC - 19 Oct 2018 03:33

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Day 5: Every night this week, after work I gone to the gym. I found it useful to distract from becoming possibly bored and falling. It also seems like the whole week been more full of energy and less stressful. I also feel the withdrawal effects less right after exhausting.

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Re: ChizukSC 90 day challenge
Posted by Singularity - 19 Oct 2018 10:27

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Keep going!!

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Re: ChizukSC 90 day challenge
Posted by ChizukSC - 21 Oct 2018 13:15

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Day 7: Sunday mornings are tough. I made it through, but the block of time doing nothing before my Sunday chavrusa starts is dangerous for me. I am going schedule in some weekly activity on Sundays in that spot going forward to help keep me busy.

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Re: ChizukSC 90 day challenge
Posted by ChizukSC - 22 Oct 2018 20:02

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Day 8: rough morning, but bh, didn't fall. Committing bn to exercise after work today and if it feels like I have down time I will go to a beis medresh to learn instead of staying at home.

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Re: ChizukSC 90 day challenge
Posted by ChizukSC - 23 Oct 2018 16:53

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Day 9: So I was thinking, on the 90 day chart, the further along you get, you hit different levels, and with each level you receive a virtual coin. According to Wikipedia, studies show connection between the visual presence of the AA sobriety coin and the holder's self resolve. I feel like those benefits aren't existent when you can only open a virtual coin. Maybe GYE should consider implementing an ability to have physical coins sent to users to take advantage of what those studies show. I assume those who attend SA or PA live meetings already receive them, but for those who don't (and maybe don't need to), that physical reminder of your success might be a helpful tool.

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Re: ChizukSC 90 day challenge
Posted by cordnoy - 24 Oct 2018 00:20

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ChizukSC wrote on 23 Oct 2018 16:53**:**

Day 9: So I was thinking, on the 90 day chart, the further along you get, you hit different levels, and with each level you receive a virtual coin. According to Wikipedia, studies show connection between the visual presence of the AA sobriety coin and the holder's self resolve. I feel like those benefits aren't existent when you can only open a virtual coin. Maybe GYE should consider implementing an ability to have physical coins sent to users to take advantage of what those studies show. I assume those who attend SA or PA live meetings already receive them, but for those who don't (and maybe don't need to), that physical reminder of your success might be a helpful tool.

Send me your address please and beli neder I will send you a coin.

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Re: ChizukSC 90 day challenge
Posted by Markz - 24 Oct 2018 02:04

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But they were virtual, no real change

So you can win the lottery too... virtually

btw in case you were looking for a bitcoin, here is mine - Wikipedia is not the place for a Jewish boy to visit. Stick to GYE ;-)

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Re: ChizukSC 90 day challenge
Posted by Markz - 24 Oct 2018 02:08

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ChizukSC wrote on 23 Oct 2018 16:53**:**

Day 9: So I was thinking, on the 90 day chart, the further along you get, you hit different levels, and with each level you receive a virtual coin. According to Wikipedia, studies show connection between the visual presence of the AA sobriety coin and the holder's self resolve. I feel like

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Re: ChizukSC 90 day challenge
Posted by ChizukSC - 24 Oct 2018 23:29

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cordnoy wrote on 24 Oct 2018 00:20**:**

Send me your address please and beli neder I will send you a coin.

Ha, thanks if I feel it will be personally helpful, I can buy from Amazon. Just making a general GYE suggestion.

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Re: ChizukSC 90 day challenge

Posted by ChizukSC - 24 Oct 2018 23:32

Markz wrote on 24 Oct 2018 02:08**:**

btw in case you were looking for a bitcoin, here is mine - Wikipedia is not the place for a good Jewish boy to visit even on a rainy day. Stick to GYE ;-)

Can't say I agree with that assessment at all. But appreciate the advice.

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Re: ChizukSC 90 day challenge
Posted by ChizukSC - 24 Oct 2018 23:37

Day 10: The hardest part of the day is the large amount of self control needed when I wake up in the morning. Otherwise feeling really happy I have made it back to ten days and will make sure to go to the gym tonight again.

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Re: ChizukSC 90 day challenge
Posted by cordnoy - 25 Oct 2018 00:13

ChizukSC wrote on 24 Oct 2018 23:29**:**

cordnoy wrote on 24 Oct 2018 00:20**:**

Send me your address please and beli neder I will send you a coin.

Ha, thanks if I feel it will be personally helpful, I can buy from Amazon. Just making a general GYE suggestion.

You'd rather get from Amazon than me? You sound like my wife.

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Re: ChizukSC 90 day challenge
Posted by i-man - 25 Oct 2018 00:28

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ChizukSC wrote on 24 Oct 2018 23:29**:**

cordnoy wrote on 24 Oct 2018 00:20**:**

Send me your address please and beli neder I will send you a coin.

Ha, thanks if I feel it will be personally helpful, I can buy from Amazon. Just making a general GYE suggestion.

I think you could say that Cordnoy IS Gye..

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