

This is going to be the time I get to 90!

Posted by Realestatemogul - 22 Aug 2018 21:39

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Hi everyone,

I have met a bunch of you already (Cordnoy, YBS, Chaim2009, Schnitzel and Kugel, etc.)

This past week has been the first time I really engaged on GYE.

I have seen how others have benefited from GYE and how it helped them FINALLY break free.

I am posting this thread of my 90 day journey because I don't want to leave this up to just my own abilities. My own abilities have always failed me and put me back into the never ending cycle.

My past history is full of sexual challenges that make acting out natural. I won't go into details but getting a laptop with unrestricted internet for my bar-mitzvah wasn't exactly the most beneficial present. I understand that on my own I will never be able to conquer this challenge. I may be able to go a week, a month, or even a few months without acting out or watching inappropriate things. But ultimately I haven't been able to stay clean.

I want to take this post to say that I will try to from now on surrender my challenges and realize that only Hashem can let me overcome these ever hard feelings. I can not and will not try to beat this on my own. The talmud talks about the yetzer hara showing even the greatest Tzadikim that they are no match for him. I certainly am no better. However, I do have Hashem. I truly believe any test Hashem gives us we can pass and that means he will let us pass. It may just be that he wants me to use the tool of GYE that he gave me.

I am now on my 9th day clean. I have been here before many times. This time WILL be different. This time I WILL make it to 90 days. This time I WILL stay strong. This time I WILL surrender to Hashem. This time I WILL break free!

BUT, I can only do it with all of you AMAZING poeple's help!

Please cheer me on, console me, and encourage me on my journey.

Looking forward to celebrating 90 soon!

Thank you!

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 22 May 2019 03:43

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#Day 9

What is the expected amount of time until being able to conquer shmiras ayanayim? (I am referring to looking at women on the street not p@&n)

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Re: This is going to be the time I get to 90!  
Posted by Hashem Help Me - 22 May 2019 04:03

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120

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Re: This is going to be the time I get to 90!  
Posted by cordnoy - 22 May 2019 05:44

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[Realestatemogul wrote on 22 May 2019 03:43:](#)

#Day 9

What is the expected amount of time until being able to conquer shmiras ayanayim? (I am referring to looking at women on the street not p@&n)

Till right before they close the box on us.

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Re: This is going to be the time I get to 90!  
Posted by higher - 22 May 2019 18:59

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[Realestatemogul wrote on 22 May 2019 03:43:](#)

#Day 9

What is the expected amount of time until being able to conquer shmiras ayanayim? (I am referring to looking at women on the street not p@&n)

im not a deah so im going to shut up in terms of my own opinion.

i dont know about conquering, but the sefer hachinuch says that it gets easier not to look with each time that u hold back from looking. you can trust him btw.

tis possible that addicts are different, i dont know.

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Re: This is going to be the time I get to 90!  
Posted by stillgoing - 22 May 2019 21:39

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[cordnoy wrote on 22 May 2019 05:44:](#)

[Realestatemogul wrote on 22 May 2019 03:43:](#)

#Day 9

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I love this response! Great question, great answer. Dovid Hamelech worked on it for a whole lot of time.

Higher, you're right, practice *can* make it easier, but to conquer..... shtate, "one should not trust himself until the day of death" if I may add - ad v'lo ad bichlal... (including the day of death) - and that was *not* said about addicts

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Re: This is going to be the time I get to 90!  
Posted by higher - 24 May 2019 01:22

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[stillgoing wrote on 22 May 2019 21:39:](#)

[cordnoy wrote on 22 May 2019 05:44:](#)

[Realestatemogul wrote on 22 May 2019 03:43:](#)

#Day 9

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agreed 100% thats why i said i dont know about conquering.

i still think its helpfull knowing that t can get easier. that was def. said about non addicts, could be addicts too, dunno.

**Warning: Spoiler!**

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 24 May 2019 22:41

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Thanks Higher, Cordnoy, and HHM!

Higher, it interesting you say that it's easier knowing that it gets easier every time you look. Maybe this goes along with what Cordnoy said earlier on my forum that Humility is really important. I.e. maybe knowing that it will be really hard and appreciating that you have to do your best til the day you die is a healthy perspective. If I was told it will get better and then it doesn't, I would pretty much give up and blame myself. But, knowing that it is a lifelong project that may take years before seeing any improvement. Or, maybe really conquering means fighting it your whole life. Then I can try and persevere and stay strong like every other area of avodas hashem.

#Day11

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Re: This is going to be the time I get to 90!  
Posted by higher - 26 May 2019 04:13

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[Realestatemogul wrote on 24 May 2019 22:41:](#)

Thanks Higher, Cordnoy, and HHM!

Higher, it interesting you say that it's easier knowing that it gets easier every time you look. Maybe this goes along with what Cordnoy said earlier on my forum that Humility is really important. I.e. maybe knowing that it will be really hard and appreciating that you have to do your best til the day you die is a healthy perspective. If I was told it will get better and then it doesn't, I would pretty much give up and blame myself. But, knowing that it is a lifelong project that may take years before seeing any improvement. Or, maybe really conquering means fighting it your whole life. Then I can try and persevere and stay strong like every other area of

avodas hashem.

#Day11

yup.

general rule: whatever works for you works. if it doesnt work for you...goodbye charlie.

as an aside: i was just repeating a chinuch that was focusing on weakining the tayvah to look. (there are many well known stories of gedolim that even in their old age they were extremely careful in shmiras einayim. obviously conquering is something else.) i could say that this personally **does** work for **me**. (yay, i know-but i can def. hear it working for others im not **so** wierd...and it is a chinuch after all). and it has worked for me in the past.

p.s. i believe the chinuch is saying a reality that goes beyond what does or doesnt work for people but thats a separate discussion and as i love to point out-addicts may be a whole diff. subject.

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 27 May 2019 03:32

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#Day14

I decided I'm gonna start adding hashtags post my post.

#Humility

#Truckin

#ShmirasAynayim

#LoveHashem

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Re: This is going to be the time I get to 90!

Posted by higher - 27 May 2019 03:36

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great idea!

lemme try too.

#n

#na

#nach

#nachman meuman.

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Re: This is going to be the time I get to 90!

Posted by Jewish - 02 Jun 2019 14:06

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Hi I just joined.

I liklike the heading of this group and I too am going to try my best to make sure this is the time I make it to 90 days!

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Re: This is going to be the time I get to 90!

Posted by Realestatemogul - 06 Jun 2019 04:50  
there. now im set!

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Hey Jewish! Thanks for the positive feedback and trying our best is all Hashem wants!

#Day24

#Soldier

#Positive

#Trucking

#SometimesTough

#BH

#TYH

#Hugs

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Re: This is going to be the time I get to 90!  
Posted by Ihavestrength - 06 Jun 2019 13:05

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Ha! These hashtags are surprisingly expressive. Nice job, KUTGW!

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 13 Jun 2019 03:43

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#Day31

#Busy

#StayFocused

#Eyeontheprize

#KabalosHaTorah

#TYH

#GYE

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Re: This is going to be the time I get to 90!

Posted by Realestatemogul - 17 Jun 2019 02:00

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#Day35

#BH

#NotAlwaysEasy

#WeDoWhatWeCan

#BeHonest

#AskQuestions

#StayPositive

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