

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

Posted by Realestatemogul - 22 Aug 2018 21:39

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 - 15 Dec 2019 05:16

Bh I am still clean, (although I'm not sure why I would have gone to the mall this week...Not the

Weekends are always a bit tougher, so I am going to try and stay productive.

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

Posted by DavidT - 15 Dec 2019 20:24

[Realestatemogul wrote on 15 Dec 2019 05:16:](#)

Thank you md12 for the chizuk!

Bh I am still clean, (although I'm not sure why I would have gone to the mall this week...Not the

Weekends are always a bit tougher, so I am going to try and stay productive.

It seems from many people here that the weekends are the toughest in this battle. Maybe we can share some ideas to help understand and overcome the weekend struggles...

In your opinion, why are the weekends a problem and what do you suggest as a solution?

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

Posted by Realestatemogul - 15 Dec 2019 23:34

Hey DavidT

For me, weekends are tough because it is a day off that I want to do absolutely nothing productive and that is pretty much the worst thing for the y"h....

The solution is to really plan ahead and make sure there is a list of items to do, but then both planning and the tasks you decide to do become very uninteresting...

#weekends

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

Posted by Realestatemogul - 18 Dec 2019 03:56

Hey guys, its me Realestatemogul. I'm just checking in.

B"h - I am one day away from 2 weeks clean!! (Applause from the crowd:clap:)

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

Posted by DavidT - 18 Dec 2019 15:02

I thank you all for your support and wish you a good day.

[Realestatemogul wrote on 18 Dec 2019 03:56:](#)

Hey guys, its me Realestatemogul. I'm just checking in.

B"h - I am one day away from 2 weeks clean!! (Applause from the crowd:clap:)

Realestatemogul, 13 days in itself is a major success! It has the power of the 13 midos shel rachamim which brings a lot of good into the world...

We are all cheering you on "YOU CAN DO IT! KEEP IT UP!!!!!!!"

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Re: This is going to be the time I get to 90!
Posted by pickamoniker - 19 Dec 2019 09:14

You definitely have my applause. Keep it up!

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Re: This is going to be the time I get to 90!
Posted by Realestatemogul - 23 Dec 2019 05:06

Wow 18 days - Chai

This is definitely what true living is like.

Happy Hanukkah!!

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Re: This is going to be the time I get to 90!
Posted by Realestatemogul - 26 Dec 2019 03:05

Its a great clean day!

Also, just saw that my account says **500** cumulative clean days!!!!

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Re: This is going to be the time I get to 90!
Posted by DavidT - 26 Dec 2019 15:36

[Realestatemogul wrote on 26 Dec 2019 03:05:](#)

Its a great clean day!

Also, just saw that my account says **500** cumulative clean days!!!!

The cumulative clean days is a very important part of this battle.

Some people have the misconception that if they fall they lost whatever they worked on in the past... and that's 100% false.

Every second that you kept strong is yours to keep forever!

The 90 day chart is another tool to help in the recovery process and does not indicate the person's value and past accomplishments.

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Re: This is going to be the time I get to 90!
Posted by pickamoniker - 30 Dec 2019 14:26

Hi REM

Happy Chanuka! So glad you are having your own personal Chanuka miracle!

Re the 500 days, I totally echo Davit T. It's a massive accomplishment. For me the clean streak count is really important for motivation (as I can improve on my cumulative count tomorrow, but can only improve my current streak today!), but ultimately the main thing is the long-term to get

free from this disease, and every day that I am sober is a day I have worked on myself
irrespective of what happened the next day.

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Re: This is going to be the time I get to 90!
Posted by Realestatemogul - 06 Jan 2020 04:33

Thank you! Its really incredible how far you are!

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Re: This is going to be the time I get to 90!
Posted by Realestatemogul - 15 Jan 2020 05:48

Just posting to keep up my connection to all those that support me. B'h 41 days clean. I have
my easier moments and my tougher moments, but they are all moments that I am living a
healthy life without addiction.

TYH

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Re: This is going to be the time I get to 90!
Posted by pickamoniker - 15 Jan 2020 09:41

Wow REM

Sounds amazing. Are you doing anything in particular / different to help you along the way. I'm
finding things a real drag right now and would love to hear anything you can share.

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

Posted by DavidT - 15 Jan 2020 21:41

[Realestatemogul wrote on 15 Jan 2020 05:48:](#)

Just posting to keep up my connection to all those that support me. B'h 41 days clean. I have my easier moments and my tougher moments, but they are all moments that I am living a healthy life without addiction.

TYH

It's so amazing when we see people actually breaking free and succeeding. I hope the ones that are in the stage of starting out after a fall are realizing how possible it is to win in this fight!

?Keep up the AMAZING progress, we're monitoring it and celebrating together with you.

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

Posted by Realestatemogul - 16 Jan 2020 05:38

[pickamoniker wrote on 15 Jan 2020 09:41:](#)

Wow REM

Sounds amazing. Are you doing anything in particular / different to help you along the way. I'm finding things a real drag right now and would love to hear anything you can share.

Hey Pickamoniker! Good to hear from you.

Lol, I'm not sure why you think things aren't a drag for me right now also. This past week or two I have been tempted several times to just give in. I just spent a day or two in places that I am more vulnerable to seeing people dressed less appropriately. I have been tired, lazy, and bored which are terrible states to be in with this challenge. They have an acronym - HALT (Hungry,

Angry, Lonely, and Tired) for things that we need to be mindful of that may be moods we are easily triggered in.

But that's is what life is really about.

My success is two fold.

One - After many many many conversation with Hashem Help ME, I finally understood what he kept telling me about giving up P#@n irrespective of my mzl streak. So I did that and spent a few weeks recovering. When I say recovering, I mean that my commitment to giving up P#@n made it overbearing for me not to be mzl and I kind of told myself it was okay. Obviously, that isn't the right thing to do but I had listened to my y"n WAY too long about being all or nothing. B"n after a few weeks I finally came around to myself and decided I needed a strong commitment to stay clean from mzl. You can look back at my forum thread and you will see this struggle with me barely getting a week streak at points...sometimes I couldn't even hold a day. This streak I am on is from that decision to commit to getting back on a serious streak.

Two- After many years of being depressed from acting out, I finally appreciated and realized that depressed feelings from doing something bad is one of the yetzer hara's biggest tricks. Anything that is an emotional downer and ONLY relates to the past is NOT PRODUCTIVE. Now, if you ask me about Teshuva and Charata that is different. Tshuva is about doing something going forward not being depressed about what you did. Charata also is only regretting that you did something hurtful to your relationship with Hashem. If you wrong a friend, you aren't depressed about it, you just feel saddened or pained that you did something to someone you care about and you want to make it up to them. I guess this is kinda of also a certain acceptance on my part. "The curious paradox is that when I accept myself just as I am, then I can change." -Carl Rogers. In the past two years or so I have come to recognize that Hashem made us all different, but he didn't make ANY of us perfect. If we didn't have challenges we wouldn't need to be here and we could be malachim who served Hashem without difficulty, but also not getting the reward we get. Once I had accepted that Hashem gave me this struggle to work on and stopped getting as depressed when I failed, I have now been able to just work on doing my best at this challenge - because that is all Hashem wants from us - to give it our best! If I fail and I gave it my best, than I am totally okay with that. I know that If I continue working on it eventually Hashem will let me succeed. "Sheva yipol tzadik v'kam" B"n I have fallen several times and got up and that is the secret to success.

So in short, I am saying that it is tough, but that's okay. It is hard and we just need to accept that we need to do our best and keep going. Pickamoniker you have done absolutely incredible stuff

and have been inspiration to everyone on GYE. All you gotta do is decide that this is something you really want, accept that it may be tough sometimes, realize that it is only tough in the moment not after it passes, and keep on giving it your best!

To answer David T, I actually find it discouraging sometimes seeing how many people are successful on GYE. It isn't as exciting to post about failing every day. What I want people to take away from my forum thread is that if they are giving it their best, even if their count is low, then they are succeeding in incredible ways! Every time GYE members get back up they are that much closer to getting Siyata Dishmaya to finally break free.

Anyone who created an account and is on GYE has already succeeded tremendously and I wish everyone continued V'kam, V'kam, V'kam.

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