

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 - 21 Jul 2020 03:47

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229. This is tough stuff - but BH we are still staying strong.

I want to remind myself for a second why I spend so much effort on this whole thing...

- 1) We are here for just a short while and after that we go somewhere else....
- 2) I want my time in the next world to be super special
- 3) Any unallowable "pleasure" I get in this world will take away from my place in the next world.
- 4) Lust takes away my ability to get closer to Hashem
- 5) Addiction is destructive
- 6) Lust inhibits my ability to have healthy relationships with others

Thats enough for now. I think I am convinced!

Thanks for listening

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Re: This is going to be the time I get to 90!  
Posted by Ihavestrength - 22 Jul 2020 04:35

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[Realestatemogul wrote on 21 Jul 2020 03:47:](#)

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REM!!! Keep up the great work and keep inspiring us! My two cents (what came up for me when I read this) is that this is all good stuff, but I think we need to do our part to channel this part of ourselves in the way Hashem intended. So for a married person this will mean one thing, and for a single person it may be pursuing shidduchim. Anyways, keep on rocking! Hope the above had some relevance.

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 23 Jul 2020 02:53

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Totally agree with your statements above! If I sounded super radical in avoiding "pleasure" in this world, I was really just trying to focus on bigger picture purpose of the world.

I still eat tons of ice cream, lol

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 04 Aug 2020 03:41

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You may wonder why at 243 days I am still posting on my getting to 90 thread...?

The answer is that I am still working on "getting to 90." This is my thread of breaking free and since it is a life's work, I am still continuing to work on "getting to 90."

I daven that Hashem continues to help me and everyone on GYE succeed on "getting to 90!"

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Re: This is going to be the time I get to 90!  
Posted by Doitforhashem - 07 Aug 2020 07:03

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I'm a few days into my journey now and really want this! I'm giving it all I got! Thanks everyone for all that you write, it gives me a lot of chizuk.

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Re: This is going to be the time I get to 90!  
Posted by Doitforhashem - 07 Aug 2020 07:04

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Wow this is really inspiring. Keep it going. I hope in a bit of time I could be saying the same thing as you @realestatemogul

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 31 Aug 2020 02:17

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Thank you Doitforhashem! With consistent effort and a positive attitude I am very confident you can make it to tremendous heights!

I am currently at 270 days!!!

My last streak was 272, so this is very exciting to almost be able to surpass that! TYH! TYH!

I just want everyone to realize that I didn't have a one day fall and then got back on my horse, but still because of my previous success I was able to build on that and now I am so much healthier and stronger in this challenge. I still have struggles and temptations, but BH I have given myself the tools and ability to overcome it much more easier.

Thank you GYE!

Can't wait for my counter to say 273 iy"h!

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Re: This is going to be the time I get to 90!  
Posted by Hashem Help Me - 31 Aug 2020 02:57

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Hey tzaddik. The simcha of 273 is understandable but isn't the real simcha the fact that you bh

have graduated.....? You have decided that this garbage is just not available anymore. It is similar to every once in a while we dream about what we could do with a few million dollars, yet we don't entertain the thought of robbing a bank....We all get urges - strong ones at times but we don't watch that poison anymore....

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 17 Sep 2020 03:22

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At 287 and HAsheMHelpMe your words are sinking...What you said is deep and powerful but also scary. It much easier to think that I am still working on something than to decide I have moved on from the journey....maybe it is a needed conscious decision going into Rosh Hashana...

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 05 Oct 2020 03:50

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305

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 19 Nov 2020 04:06

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350

Had a struggle last night, but am soooo appreciative how different my struggles are now from before. Hopefully Hashem accepts my tshuva and I continue to stay away...

Next stop...365!

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

Posted by Grant400 - 19 Nov 2020 04:39

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[Realestatemogul wrote on 19 Nov 2020 04:06:](#)

350

Had a struggle last night, but am soooo appreciative how different my struggles are now from before. Hopefully Hashem accepts my tshuva and I continue to stay away...

Next stop...365!

Wow! A year! I can't wait for when I will be able to write that!

**Warning: Spoiler!**

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 25 Nov 2020 04:09

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Lol, HHM also mentioned the lunar year! The thing is GYE puts me at Level 10 at 365 days so not sure what that is about...

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Re: This is going to be the time I get to 90!  
Posted by Shnitzel and kugel - 14 Dec 2020 04:45

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Hey, how's it going?

We miss your voice on the chats here;)

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 14 Dec 2020 04:48

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Hey GYE!

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Now for a bit of honesty and reflection - I fell at 362 days and the higher a person is the harder the "potential" fall. I say potential because we don't need to fall hard just because we had a little slip. However, the truth is I was very very sad and down after my fall. While I knew that in the long term I would still continue on the trek of shmiras habris, I felt very defeated for the short term and was worried that it may take several weeks before I got back on the horse. BH for



good mentors and partners. HHM really gave me a good smack and reminded me of my HUGE accomplishment! We made a l'chayim on the simcha of reaching 362 days and I was able to focus on the positive and realize how far I had come. I was no longer a p\$#n addict or someone entrenched in mz"l issues. I am on a mountain very high up and still way ahead of my a year ago self. While the count is helpful and important, this was NOT going to be same day 1 I had counted 362 days ago. This was a day 1 of a healthier individual and someone who put the garbage behind him. I WILL pick myself back up and continue going forward and not let the y"h  
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I also thought it would be prudent to give myself the same lessons I believe in so much I share with other people on their falls. So I am reposting to myself some of the chizzuk I have given others:

*I am in awe of you that you are able to come so quickly and post after falling past 150 days. I know it isn't easy to admit defeat, but maybe you are smart enough to realize that you have only get me down, had success!*

*You have quite alot to be proud of and don't ever look back at the fall only the amount of days you were clean! You may have fell but you landed 150 days higher than when you first started!*

*I promise the journey forward now will be easier and this was a huge stepping stone! (You can check my thread to see my progression...)*

*Sheva Yipol TZADIK, Vkam! Keep up the great work TZADIK!*

*Wow, you had a really solid streak and I am sure that is going to really give you a strong foundation for your next one! Also, huge kudos to you for not looking at porn. That is already 75% of the battle. For me once I filtered up and was able to say no to P-n the rest of the journey was much easier.*

*Congrats on getting right back up!! Today is the first day of the rest of your life!*

*Sheva Yipol Tzadik, VKAM.*

*We are rooting for you and you can do it!!!*

*SHEVA yipol tzadik vkam. Good people FALL more than once and that itself is how we grow to great heights!*

*I am no at 270 days clean and my last streak was 272...BUT I fell in between MANY times....Don't be down about a fall even if you had one back to back. KNOW that Hashem wants you to succeed and that you have the ability to do so! Seva Yipol Tzadik...VKAM. If you keep giving it your best, then eventually you WILL get back up.*

*Hatzlacha!!!*

*Kudos to you for getting back on here after such a fall! So many people throw in the towel after the first fall, and the reality is that is the most crucial moment! Sheva Yipol tzadik v'kam!*

*I hit 272 days and then fell for a few weeks...Right now I am only about 40 days from getting back to 272 days again and it is all credit to the attitude of just giving it my best every time and not focusing on the falls.*

*Hey Snowflake!*

*Sheva Yipol Tzadik **V'KAM**. The action of coming back to GYE and setting up a filter, after falling and leaving GYE, is so wonderful and inspiring! Reish Lakish was a bandit and thief and when he accepted to learn torah, he was all of a sudden weaker and lost strength to do things that only seconds earlier were possible. For good things it is certainly much more powerful! You may have just committed to doing better, but that commitment is so powerful and gives you a tremendous amount of strength to fight this battle!*

*Someone who shows his desire to be pure, Hashem purifies him!*

*As crazy as it sounds, you are reminding me of memories thinking that I fell so bad I was too embarrassed to post. I really didn't want to post another zero days....*

*However, now I look back at that and it gives me joy! It was such an important step and how I am here today at 140 days. So many people try this once and when they hit zero they never come back. Many people who used GYE successful are the ones who said, "I fell but I am going to start at zero again and go forward!"*

*You did something heroic when you came back on and said I am going to try again and keep going! You may not be on the level now to appreciate it, but as soon as you get out of the mud and clean yourself up, you will realize how picking yourself back up was actually incredibly*

*If you would only see Hashem's smile from you picking yourself back up after your fall, you would surely go another 33 days with ease!!!*

*Hashem loves every success and if you just do the best you can, you will see tremendous results!!*

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*special.*