

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 Shnitzel and kugel - 30 Jul 2019 15:22

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Reb yid sorry to hear about your fall, definitely stay connected as Dave mentioned however things will only get better if you take bigger steps to get to the root of the problem, whether it's joining phone calls, live meetings or therapy, just to get a pic of why your turning to this drug, why you keep needing that escape etc.

As dov will say "a pretty woman isn't lust, I'm just using her to feed my lust"

Just my opinion on what is helping me, feel free to disagree.

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 31 Jul 2019 03:13

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My new goal is 1 day...

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Re: This is going to be the time I get to 90!  
Posted by stillgoing - 31 Jul 2019 21:57

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[Realestatemogul wrote on 30 Jul 2019 04:34:](#)

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I've spent so much money threatening myself. Actually I probably didn't loose that much since I didn't always have the guts to pay up...

good luck on the new challenge. My personal moto that I (TRY!!!) to keep is, keep on going & keep on trying, but don't keep on doing the same old thing and hoping for different results.

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 02 Aug 2019 02:58

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I am finishing up Day 2!!!!

Feeling a bit better now...I need to seriously get back on a 90 Day count.

I know when I get back to 90+ Days I will be even stronger than the last itme I got up there. Also, I know that the urges are way "less" and are more manageable from there....Not that the y''h doesn't try even harder, because he definitely does...But I felt like I had stronger clarity that I didn't want to lust after I was clean for 90, 150, 200 etc days.

I REALLY REALLY want to get back there!!!

Also, I have some stresses in my life that makes me want to act out instead of being productive...I have to try and overcome that....

Thanks for listening GYE and I love the feedback on my last post!

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

Posted by ColinColin - 02 Aug 2019 14:02

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When an urge comes, break down things into 5 minute blocks.

Say to yourself, I will do an activity for the next 5 minutes to take my mind off the urge.

But the key is to see the urge for what it is, an urge...external to you.

But triggered by your genuine emotions.

So long term you need to live a life that nourishes you in a healthy way.

That is about fulfilment from positive activities and a realistic approach.

But when the urge strikes, you do need a tactical plan.

Try walking, reading, calling a friend etc.

Or mindfulness.

[www.psychologytoday.com/gb/blog/beyond-self-destructive-behavior/201601/mindfulness-in-the-treatment-self-destructive-behavior](http://www.psychologytoday.com/gb/blog/beyond-self-destructive-behavior/201601/mindfulness-in-the-treatment-self-destructive-behavior)

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 02 Aug 2019 23:04

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Thank you Colin Colin!! That is a great article, I am going to try that.

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 14 Aug 2019 04:54

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#Day15

TYH! It's amazing how different the urges are when you are a few days away. Right now, I have to shake the constant shmiras aynayim and Hirhurim that I am just being super lazy about. I am very happy to be at 15 days and climbing again. I also think I am in a good place (no stumbling blocks) to be able to maintain a bit longer sobriety.

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 21 Aug 2019 04:42

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#Day22

Please Hashem give me strength to stay strong another day!

#AhavasHashem

#YirasHashem

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Re: This is going to be the time I get to 90!  
Posted by Captain - 21 Aug 2019 21:32

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Wow! Keep it up!

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Re: This is going to be the time I get to 90!  
Posted by sleepy - 22 Aug 2019 00:13

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[stillgoing wrote on 31 Jul 2019 21:57:](#)

[Realestatemogul wrote on 30 Jul 2019 04:34:](#)

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good luck on the new challenge. My personal moto that I (TRY!!!) to keep is, keep on going & keep on trying, **but don't keep on doing the same old thing and hoping for different results.**

true ,but sometimes if the old thing is a good thing it sometimes takes time,and dont be so quick to discard it,

someone was advised by their Rebbe to do something to improve in a certain area, and the talmid said that hes taking the advice ,but he sees that hes getting worse as time goes by. eventually he did succeed,big time!

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Re: This is going to be the time I get to 90!  
Posted by sleepy - 22 Aug 2019 15:07

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[Realestatemogul wrote on 30 Jul 2019 04:34:](#)

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*and sleepy wrote some more:*

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

Posted by stillgoing - 25 Aug 2019 21:43

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Definitely. I fully agree. Don't be so quick to discard it. But don't be so blind to keep on reusing the tissue long after it's full of holes either..

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 26 Aug 2019 03:09

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#Day 27

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