

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 pickamoniker - 25 Nov 2019 10:52

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Hi REM

Just went and read this post from the beginning (skipped a bit and skimmed some others). It really is an inspirational read. Thanks so much for posting. I hope things go well.

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Re: This is going to be the time I get to 90!  
Posted by pickamoniker - 25 Nov 2019 10:52

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Hi REM

Just went and read this post from the beginning (skipped a bit and skimmed some others). It really is an inspirational read. Thanks so much for posting. I hope things go well.

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 28 Nov 2019 06:13

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Thank you for the kind words

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

Posted by pickamoniker - 03 Dec 2019 09:59

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Hey REM

How you doing? Hope you are well!

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

Posted by Realestatemogul - 05 Dec 2019 06:26

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REPOST - I thought this made sense to be on my thread, but it is from another thread giving a chaver some short words.

I am currently on Day 2 clean, but only last year I had a 250+ day streak!! See I found that I was so motivated to stay clean forever, but once I fell and I saw that I wasn't "cured" it became harder to keep up longer streaks then I became less motivated. It's hard to stay clean when it may only last a week or month..."Will I ever be clean?," "What is the point anyway?," and "Who am I fooling?" have become the types of thoughts that run through my brain.

...BUT obviously I have a deep burning desire to do better than that. I desire to have a life that is productive and bears fruits, which means no wasting precious time on this earth with escaping to watch porn or sinning by wasting seed. HOWEVER, Hashem created us with certain desires (everyone in different ways) and I know he wants me to work on overcoming this. I know that this is my challenge in life and how I will get my share in the next world (among other areas I need improvement on...).

WITH that being said, I applaud you for you incredible streak prior to this. It was an incredible

achievement and as you mentioned it has given you certain tools and brought you to a higher level that will NEVER be lost. (#MuscleMemory)

I personally have tried to focus (thanks to the help from GYE members) on stopping watching inappropriate things, which I have been much more successful at in the past few months (my streak is mzl, but I haven't watched porn in longer than that). I HIGHLY recommend spending the few \$'s to get a solid filter. If I offered you a couple more hours of your life a week for a few \$'s, it would be a no brainer. Yes, your computer/phone may be a drop slower, but you will be happier and more productive person and it would be worth it.

So I wish you much hatzlacha in your journey to continue climbing this mountain! After a relapse is a time to refocus on why you are doing this and decide what you are willing to sacrifice for it. GYE is a great resource and having a strong support system of friends and mentors are really helpful, but focus on short term successes and pulling out of the mud. Then it gets easier to

Sorry for the ramble, but I wanted to share my experience.

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

Posted by Dave M - 05 Dec 2019 14:04

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Great post! Nice to have you back.

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

Posted by Realestatemogul - 06 Dec 2019 05:10  
climb.

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Okay folks! The mogul is back in the house!

I am going to get back to the name of this thread...I am going to get to 90 days again! Right now I'm pretty stuck in the mud and I gotta get back to that place where I am not blinded by being

used to something. I gotta get back tl the level that I am not so easily sucked into falling.

I am a bit excited that I feel a renewed strength, but I am also very much aware of the obstacles. The first two weeks will be excruciating, and then after that I will be vulnerable to the fear of building my sensitivity. My goal is to get to 90 days CLEAN and HOLY.

My game plan is to post my journey, interact with GYE members for support, and take a daily dose of **Ve'Ggie's** (Victories and Gratitudes)

Please join me and support me on my renewed 90 day journey. While the trip/path I have taken before, this is a completely new journey that surpasses the prior journey. For every journey we take brings us higher and higher.

#KeepClimbing

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Re: This is going to be the time I get to 90!  
Posted by DavidT - 06 Dec 2019 14:43

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[Realestatemogul wrote on 06 Dec 2019 05:10:](#)

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#KeepClimbing

Wow! you're energy and willpower is amazing. It sure seems that you'll make it this time. Please post a daily post on the ups and downs so we can all cheer you along the way...

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 08 Dec 2019 02:53

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#CleanDay (look to the left if you want the number...I prefer to leave it out of my posts for now  
#Daybyday)

Dave T, thanks for the post and support. BH I am still clean.

It is an amazing thing how we often "blame" being stuck, when in reality we aren't too interested in being un-stuck....But then again reality is a funny thing lol

Anyway I'm still trying to go through the process and stay clean. So far it hasn't been too rough, but I ain't assuming it will be easy. I WILL give it my absolute best effort!

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 09 Dec 2019 03:48

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"It's the eye of the tiger..."

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Re: This is going to be the time I get to 90!  
Posted by Trouble - 09 Dec 2019 03:53

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[Realestatemogul wrote on 09 Dec 2019 03:48:](#)

"It's the eye of the tiger..."

Don't lose your grip on the dreams of the past

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 10 Dec 2019 04:44

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Hey Trouble!

That could mean so many things, so I'll just take all of them. I guess I was asking for Trouble

Anyway B"h still going strong..."Higher and higher, higher and higher..."

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Re: This is going to be the time I get to 90!  
Posted by pickamoniker - 10 Dec 2019 14:39

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Hi REM

Welcome back to the wagon! You should know that this particular thread really gave me a boost on my journey to 90 days, so I'm indebted to you for that and am here for you to support you along the way (somewhat selfishly I hope it helps me in my next 90 days too!)

I really relate to the struggle in getting started on a fresh go at the challenge of getting and staying clean. Over the past few years while I have had stretches of sobriety I was so demoralised that when a serious challenge came up I would invariably just give in to it.

Not that I am an expert or anything, but in the spirit of sharing tips, one thing that has been invaluable for me over the past months is the knowledge that emotional pain is an inevitable and normal part of life. Every time my mind starts wondering down the road of lust I remind myself that whatever pain I am running from absolutely wont kill me and is nowhere near as bad as I imagine it to be.

Please do keep us up to date!

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Re: This is going to be the time I get to 90!  
Posted by Realestatemogul - 11 Dec 2019 04:55

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Hey Pickamoniker!

I would say you already paid it back, because I got tremendous chizuk reading your thread as well! You are really inspiring.

Thank you for the eitzah as well. I will try and keep that in mind to embrace the emotional challenges and pain that Hashem created special for us.

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BH today was great.