

Neil

Posted by Neil - 04 Feb 2019 22:03

hello. My name is Neil. I want to be porn free. I am starting over.

Day 0

=====
=====

Re: Neil

Posted by Markz - 04 Feb 2019 23:52

[Neil wrote on 04 Feb 2019 22:03:](#)

hello. My name is Neil. I want to be porn free. I am starting over.

Day 0

Correction. Day 1

Welcome!

=====
=====

Re: Neil

Posted by ColinColin - 05 Feb 2019 21:23

Welcome Neil.

Identify why you look at aporn.

Is it lust?

Or low mood/boredom?

Then you can beging to plut pain together to stop it.

Lots of resources on here.

Above all, take things day by day, or even hour by hour if you are struck by lust, even 10 minutes by 10 minutes if need be.

=====
=====

Re: Neil

Posted by Neil - 05 Feb 2019 22:25

Thank you for the replies.

Today was okay. Some cravings. Managed to get through it okay.

Day 1

=====
=====

Re: Neil

Posted by Neil - 06 Feb 2019 21:14

Not been the easiest day ever. I feel cravings but got through them.

Day 2

=====
=====

Re: Neil
Posted by Neil - 08 Feb 2019 00:18

Today was ok.

Day 3

=====
=====

Re: Neil
Posted by Son - 08 Feb 2019 00:41

Hey!! I'm so glad to hear that, for me personally the first week was the hardest so far. So you go for that first week and you let me know how you feel.

You got this!!

Son.

=====
=====

Re: Neil
Posted by Neil - 08 Feb 2019 15:37

Short Friday. Tired but ok

day 4

=====
=====

Re: Neil
Posted by Neil - 09 Feb 2019 23:55

Shabbos was good. No temptation to look at porn.

Day 5

=====
=====

Re: Neil
Posted by Neil - 10 Feb 2019 22:06

A bit wobbly after my post last night and again this morning. But it passed and the rest of the day was ok.

Day 6

=====
=====

Re: Neil
Posted by airmale613 - 11 Feb 2019 16:46

Keep it up bro. Find your groove and hold the line.

=====
=====

Re: Neil
Posted by Neil - 11 Feb 2019 22:57

Was tired all day but otherwise all right.

Day 7

=====
=====

Re: Neil
Posted by Neil - 12 Feb 2019 22:14

I feel low today and feel like porn would make me feel better, but I don't want to go that road any more.

Day 8

=====
=====

Re: Neil
Posted by ColinColin - 13 Feb 2019 12:37

Low days are tough.

But be nice to yourself.

See a friend, read a book, clean up your house, go for a walk.

=====
=====

Re: Neil
Posted by Neil - 13 Feb 2019 23:23

Still feeling low and feeling that porn will help me. It won't. I know it won't. If I watch porn I'll have to go through withdrawal yet again.

Day 9

=====
=====