

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

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Re: Neil

Posted by Neil - 14 Feb 2019 23:35

Feeling a bit better today.

Day 10

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Re: Neil

Posted by Neil - 15 Feb 2019 15:53

Tired but ok.

Day 11

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Re: Neil

Posted by Neil - 16 Feb 2019 23:48

Ups and downs.

Day 12

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Re: Neil
Posted by Neil - 17 Feb 2019 23:12

Today was a good day.

Day 13

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Re: Neil
Posted by Neil - 19 Feb 2019 08:23

Today was a good day.

Day 14

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Re: Neil
Posted by Neil - 19 Feb 2019 22:13

Having some cravings for porn but I'm doing ok.

Day 15

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Re: Neil

Posted by Neil - 21 Feb 2019 09:05

Today was ok. Some small cravings.

Day 16

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Re: Neil

Posted by Tzvi5 - 21 Feb 2019 16:58

[Neil wrote on 21 Feb 2019 09:05:](#)

Today was ok. Some small cravings.

Day 16

If you're interested there is a way you can feel like a normal human being, without feeling empty without lust.

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Re: Neil

Posted by Neil - 21 Feb 2019 22:47

Major cravings today but bH got through it.

Day 17

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Re: Neil
Posted by Neil - 22 Feb 2019 15:40

Short Friday.

Day 18

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Re: Neil
Posted by Neil - 23 Feb 2019 21:44

Shabbos was good.

Day 19

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Re: Neil
Posted by Neil - 24 Feb 2019 22:21

Busy day today.

Day 20

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Re: Neil

Posted by Neil - 26 Feb 2019 23:10

Busy couple of days at work.

Days 21 and 22

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Re: Neil

Posted by Dave M - 26 Feb 2019 23:43

Staying busy is good. You're past 3 weeks! You are doing great brother.

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Re: Neil

Posted by Hashem Help Me - 27 Feb 2019 04:19

[Neil wrote on 26 Feb 2019 23:10:](#)

Busy couple of days at work.

Days 21 and 22

Its normal at this stage for some withdrawal to set in. Don't panic if it does. Ride the waves and exercise a bit more, and like the rest of us, iyh you will pass through it too. Don't beat yourself about any urges - they are normal. We just don't act out on the urges. Similarly, don't pay any attention to subconscious acts like wet dreams. They mean nothing at this point in the journey. Hatzlocha chaver!

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