

Neil

Posted by Neil - 04 Feb 2019 22:03

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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 - 09 Apr 2019 23:30

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Busy few days.

Days 11 and 12

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Re: Neil

Posted by Neil - 10 Apr 2019 22:38

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Not an easy day. Right now I want to watch porn and act out in other ways.

day 13

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Re: Neil

Posted by Dave M - 10 Apr 2019 23:15

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Maybe make a shvua that you wont do anything today? Just to get past this nisyon.



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Re: Neil

Posted by Markz - 11 Apr 2019 04:23

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Hi Neil,

Do you have any brotherly support to break free from the 50 levels of lust land? Or a therapist...?

Yes, posting a lot on the forum helps many of us gye's, but that only begins when we start sharing the road together.

Biking alone in the dark is a formidable situation and anything can become an object of lust.

Please consider the idea of breaking free. Breaking free from the chains of being locked to 1 thread, and slowly but surely you'll creak out of isolation into sobrezation :-)

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Re: Neil

Posted by Neil - 11 Apr 2019 05:59

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"Maybe make a shvua that you wont do anything today? Just to get past this nisyon."

Absolutely not! What a way to pile on guilt on top of guilt

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Re: Neil

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Posted by Neil - 11 Apr 2019 06:01

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Thanks Markz. I have support. I made a couple of calls after my post.

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Re: Neil

Posted by Neil - 14 Apr 2019 08:25

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Tough couple of days.

Days 14, 15 & 16

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Re: Neil

Posted by Neil - 16 Apr 2019 23:28

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Pesach cleaning has been very hard work.

Days 17, 18 & 19

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Re: Neil

Posted by Neil - 30 Apr 2019 22:58

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Pesach was hard. I slipped and watched porn yesterday

day 1

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Re: Neil

Posted by Hashem Help Me - 01 May 2019 03:51

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Your honesty will get you better iyh. Meanwhile celebrate how far you got. And continue!

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Re: Neil

Posted by qwerty123456 - 03 May 2019 16:51

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i think I'll leave quitting other videos for now.

what happened?? i was hoping to follow your progress with that. its a habit id love to kick too.

trying to fight on to many fronts?

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Re: Neil

Posted by Neil - 04 May 2019 23:48

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[qwerty123456 wrote on 03 May 2019 16:51:](#)

i think I'll leave quitting other videos for now.

what happened?? i was hoping to follow your progress with that. its a habit id love to kick too.



trying to fight on to many fronts?

I'm finding that when I'm a few days off porn I watch more tv. When I'm in the first few days of quitting tv I get very restless and my mind turns to other things, including porn. Trying to quit tv when I'm still struggling with quitting porn seems too much for me.

Day 3

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