

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 ColinColin - 10 Mar 2019 01:50

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Good stuff Neil....keep on with this sobriety.

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Re: Neil

Posted by Neil - 11 Mar 2019 07:47

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That was a tough day. Looked at pictures of clothed women, no porn.

Day 34

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Re: Neil

Posted by Dave M - 11 Mar 2019 14:26

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Neil,

It's great that you were able to hold yourself back. But it can be a slippery slope looking at images that trigger you. You're doing great so far, dont want to slip now. 34 days clean is

amazing.

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Re: Neil

Posted by Neil - 11 Mar 2019 23:17

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Much better day today.

Day 35

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Re: Neil

Posted by doingtshuva - 12 Mar 2019 00:28

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Keep it up

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Re: Neil

Posted by Neil - 12 Mar 2019 23:30

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Good day today.

Day 36

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Re: Neil

Posted by Neil - 13 Mar 2019 22:10

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A bit stressed today.

Day 37

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Re: Neil

Posted by Neil - 15 Mar 2019 00:50

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Stressed over work and late for bed again.

Day 38

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Re: Neil

Posted by Neil - 17 Mar 2019 07:43

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Short Friday and nice Shabbos.

Days 39 and 40

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Re: Neil

Posted by Hashem Help Me - 17 Mar 2019 12:48

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You are very inspiring. You are b'ezras Hashem sticking to a commitment beautifully. Continue with hatzlocha!

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Re: Neil

Posted by Neil - 17 Mar 2019 23:09

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Not a great day but not because of porn.

Day 41

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Re: Neil

Posted by Neil - 18 Mar 2019 23:12

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Stressed.

Day 42

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Re: Neil

Posted by Neil - 20 Mar 2019 00:21

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Very stressful day.

Day 43

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Re: Neil

Posted by Hashem Help Me - 20 Mar 2019 00:38

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Stress can be a major trigger. I had to retrain myself to find kosher stress relief. Exercise works best for me. Try to find what helps you the most. Hatzlocha buddy.

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