

from zero to 90

Posted by drust - 04 Sep 2019 08:18

I don't know how many days I can persevere against evil's temptations and bad thoughts... But the only one thing that I want is to defeat bad habits and stop watching inappropriate things.

I should break this endless cycle... I should unleash my soul from dirty habits.

I see the day all of us are celebrating our 90-days challenges.

=====

=====

Re: from zero to 90

Posted by Hashem Help Me - 16 Sep 2019 03:35

The yetzer hara loves to watch us beat ourselves up. He tells us, "Don't you dare celebrate 8 days of keeping the eyes pure, and who cares if you held back from masturbating until day 9. You are a worthless shmatte anyway". Most of us here started our journey masturbating almost every day or even (like me), multiple times a day. If someone switches to once in 9 days that translates into doing it approx. 40/45 times a year instead of approx. 350/360. To me that sounds like a huge accomplishment. And as we proceed in this area, we break out more and more b'ezras Hashem, so the ratio gets even wider. Stay focused on the goal, and hang on to all the outstretched hands here and iyh soon you will be writing posts like this to new chevra in their throes of despair. Hatzlocha.

=====

=====

Re: from zero to 90

Posted by drust - 19 Sep 2019 14:19

Come on

Get up

start and start again Drust

=====

=====

Re: from zero to 90

Posted by drust - 19 Sep 2019 14:23

[Dave M wrote on 15 Sep 2019 13:38:](#)

[drust wrote on 14 Sep 2019 15:06:](#)

double damn. I just masturbate because of imagination what I'd seen yesterday. I thought about that pics and watched inappropriate movies again today.

It's not good at all. I should do something.

disappointment, stressful condition and loneliness would led me to this endless circle.

God please help me. I'm all ears to your orders.

Don't get discouraged. All beginnings are hard. There will be alot of ups and downs. I think a great start in this battle is to begin reading through the GYE handbook. Have you started that yet?

Yes Dave.

I've read it many times and I've applied some filters. But in inappropriate conditions I disable all filters and slip into sins.

=====

Re: from zero to 90

Posted by drust - 19 Sep 2019 14:35

unfortunately i saw a new inappropriate movie has been released and i didn't watch that because i just masturbated after another movie.

i want to really quit po*rn but the thoughts of that new movie will push me to again masturbation in a few days later.

What should i do???

please answer me.

#Question

=====

Re: from zero to 90

Posted by Trouble - 19 Sep 2019 15:49

[drust wrote on 19 Sep 2019 14:35:](#)

unfortunately i saw a new inappropriate movie has been released and i didn't watch that because i just masturbated after another movie.

i want to really quit po*rn but the thoughts of that new movie will push me to again masturbation in a few days later.

What should i do???

please answer me.

#Question

Sorry, wish I could. My personal preference was/is generally for the older (although mostly not vintage) films. Sadly, my problem was that there is a limit (can you imagine that?) to how many such movies were/are available. I was forced to quit watching.

This paragraph was deleted by the moderator, may he live long and be blessed.

The new movies hardly ever excited me; no plots, no clothing and no class. So, now, I'm bored, staying home twiddling my thumbs, waiting for the world to go back in time twenty years, so old geezers like me can have some fun again.

Sorry if this didn't answer your question, or maybe it did.

=====

Re: from zero to 90

Posted by sleepy - 19 Sep 2019 16:31

[drust wrote on 19 Sep 2019 14:23:](#)

[Dave M wrote on 15 Sep 2019 13:38:](#)

[drust wrote on 14 Sep 2019 15:06:](#)

double damn. I just masturbate because of imagination what I'd seen yesterday. I thought about that pics and watched inappropriate movies again today.

It's not good at all. I should do something.

disappointment, stressful condition and loneliness would led me to this endless circle.

God please help me. I'm all ears to your orders.

Don't get discouraged. All beginnings are hard. There will be alot of ups and downs. I think a great start in this battle is to begin reading through the GYE handbook. Have you started that yet?

Yes Dave.

I've read it many times and I've applied some filters. But in inappropriate conditions I disable all filters and slip into sins.

hi drust,what about accountability software ?hatzlacha

=====

=====

Re: from zero to 90

Posted by Hashem Help Me - 20 Sep 2019 03:24

As mentioned above, Webchaver or another accountability system has helped many. Or you can do like me - My wife is the administrator of the filter. I cant remove it, simple as that.

=====

Re: from zero to 90

Posted by drust - 02 Oct 2019 15:30

What's wrong with you drust?

U just masturbate after on 1 day cleaning. Are you OK?

what happened to me?

In one week I masturbate 3 times.!

I can't be ok in this condition.

Please someone tell me what should I do

=====

Re: from zero to 90

Posted by ColinColin - 02 Oct 2019 21:00

Drust

You have to understand why you masturbate.

Only then can you stop it.

=====

Re: from zero to 90

Posted by cordnoy - 02 Oct 2019 23:23

[ColinColin wrote on 02 Oct 2019 21:00:](#)

Drust

You have to understand why you masturbate.

Only then can you stop it.

No, as a matter of fact, it is not an absolute to understand why you masturbate. (For some people, it may help, or it may not)

And for many of us, we cannot stop it.

Some of us have found that, when workin' a program, masturbation is no more part of our daily routine.

=====

=====

Re: from zero to 90

Posted by lionking - 03 Oct 2019 08:18

Drust,

Recently what's helped me is not to try to get to 90. Rather each moment I'm at zero. I'm not aiming for a goal, and I'm not trying not to fall. I'm trying to live a normal (albright stressful) life. Sometimes I so want to escape to my porn, but I'm trying to internalize that it won't help me at all.

Hatzlocha

=====

=====

Re: from zero to 90

Posted by Dave M - 03 Oct 2019 15:19

[cordnoy wrote on 02 Oct 2019 23:23:](#)

[ColinColin wrote on 02 Oct 2019 21:00:](#)

Drust

You have to understand why you masturbate.

Only then can you stop it.

No, as a matter of fact, it is not an absolute to understand why you masturbate. (For some people, it may help, or it may not)

And for many of us, we cannot stop it.

Some of us have found that, when workin' a program, masturbation is no more part of our daily routine.

I think what he was referring too, is sometime, masterbation is an escape from something deeper. You can't cure a root canal by treating it like a cavity.

=====
=====

Re: from zero to 90

Posted by sleepy - 06 Oct 2019 05:55

[Dave M wrote on 03 Oct 2019 15:19:](#)

[cordnoy wrote on 02 Oct 2019 23:23:](#)

[ColinColin wrote on 02 Oct 2019 21:00:](#)

Drust

You have to understand why you masturbate.

Only then can you stop it.

No, as a matter of fact, it is not an absolute to understand why you masturbate. (For some people, it may help, or it may not)

And for many of us, we cannot stop it.

Some of us have found that, when workin' a program, masturbation is no more part of our daily routine.

I think what he was referring too, is sometime, masterbation is an escape from something deeper. You can't cure a root canal by treating it like a cavity.

I agree,drust has to know why he's "master etc..." ,is it bec he's masteretc...because it's a problem or because he has problems and masteretc...is his solution,once he realizes that masteretc...is a solution to his problems ,he will think of different ways to deal with his problem besides poretc...or masetc...,hatzlacha! But of course I could be wrong

=====
=====

Re: from zero to 90

Posted by drust - 18 Oct 2019 09:24

Thank you all for your useful comments bros.

Today is my 16th day of cleaning and I'm happy because of that.

But from the morning, Bad thoughts have attacked to me...

and last night I saw a bad nightmare about porn things and I can't run away from that thoughts.

I know everytime I want to watch pornography, I start with twitter. So today I removed twitter app from my phone but the bad thoughts haven't left me yet.

What should I do?

please show me the right way

=====

Re: from zero to 90

Posted by Markz - 18 Oct 2019 14:02

[drust wrote on 18 Oct 2019 09:24:](#)

I know everytime I want to watch pornography, I start with twitter. So today I removed twitter app from my phone but the bad thoughts haven't left me yet.

What should I do?

please show me the right way

There are many ways to re-wire the brain from having porn being the 1st go to.

12 steps, Therapy, etc...

Its almost like we have a bird brain on this topic which keeps tweeting even after deleting the twitter app...

=====

====