

Going to do this

Posted by Meyer M. - 05 May 2020 13:12

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was clean for 24 days, I never in my mind would've thought I would've been able to do it, I though I was going to be clean for a week at most and here we are at 3 weeks (24 days), unfortunately I fell but I'm looking forward to seeing what I can do next

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Re: Going to do this

Posted by battle-of-the-gen - 22 Jul 2020 04:25

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Hey hey, keep your head up. 78 days clean is a huge accomplishment! Tremendous.

We're here for you.

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Re: Going to do this

Posted by Ihavestrength - 22 Jul 2020 04:41

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[Meyer M. wrote on 22 Jul 2020 03:57:](#)

Fell....day 78, I want to cry....

Depression took ahold of me for the last 2 weeks and it wasn't even a mild form, was pretty bad and I fell apart today....going to get help for the depression as it seems to be at the root of the problem

In the meantime, onward I go....

First off a massive congrats on your efforts and results for the past 79 days and NOW as well when you aren't throwing in the towel!! We are here for you and rooting for your continued success! I've had some experience with depression in the past, so feel free to PM if you want to chat. KOT!

The reality is that it is indeed harder and takes greater strength to get up rather than simply not falling. As strange as that is, it is indeed true in my experience.

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Edit: I upped your karmkarma for being such an inspiration

Re: Going to do this

Posted by Hashem Help Me - 29 Jul 2020 21:04

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Meyer, how are you doing? 78 is an incredible accomplishment. Look at it this way. If someone used to act out once every third day or so, that means in a year he unfortunately acted out approximately 120 times. Now let's compare that with someone who now makes it clean for 78 days or so - that is an average of about 8 times a year! Incredible. Besides, once someone has gone 78 days, one realizes that obviously these actions are unnecessary, and as desirable as they are, one can live without them. People working on stopping to speak lashon hara come to the same conclusion after "falling" following longer "clean" streaks. (Although many here would argue that lashon hara is not addictive, it does appear to have habit forming qualities. How many times do we feel, "i am plotzing holding in that juicy piece of info which will redirect the conversation about ploiny")

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Re: Going to do this

Posted by Meyer M. - 30 Jul 2020 19:56

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[lhavestrength wrote on 22 Jul 2020 04:41:](#)

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"Hashem Help Me" post=353133 date=1596056682 catid=4

Meyer, how are you doing? 78 is an incredible accomplishment. Look at it this way. If someone used to act out once every third day or so, that means in a year he unfortunately acted out approximately 120 times. Now let's compare that with someone who now makes it clean for 78 days or so - that is an average of about 8 times a year! Incredible. Besides, once someone has gone 78 days, one realizes that obviously these actions are unnecessary, and as desirable as they are, one can live without them. People working on stopping to speak lashon hara come to the same conclusion after "falling" following longer "clean" streaks. (Although many here would argue that lashon hara is not addictive, it does appear to have habit forming qualities. How many times do we feel, "i am plotzing holding in that juicy piece of info which will redirect the conversation about ploiny")

Thanks for all the praise, I can't express myself enough in words or through a screen either. I've fell about 3 times in the 2 weeks-ish...being bombarded with thoughts and my makom habris is apparently extremely sensitive. I'm not even irrating it purposely, I hope this makes sense and hopefully someone has an answer.....maybe I should see a doctor?

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Re: Going to do this

Posted by Dave M - 03 Aug 2020 17:24

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Mayer - Just read through your thread. Very inspiring and amazing at how growth oriented you are! I'm sorry to hear about your fall and unfortunately, it's very difficult to get right back up after such a long streak, but you can do it! Just put one step in front of the other and keep moving forward. We all got your back.

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Re: Going to do this

Posted by Meyer M. - 03 Aug 2020 23:28

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Ok, resetting expectations, starting from scratch.

The last 3 months I successfully fought watching pornography and haven't watched any in this time frame. So I completed my goal there.

The last 2-3 weeks I have been falling by masturbation, albeit much less (2-3 times daily to now once or twice weekly). Granted I'm not married and it is difficult but I would like to reach 90 days, I am starting today and will be opening a fresh thread for this.

<https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/353314-Freedom>

Thank you everyone for the chizuk and help!!

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