

Join my journey

Posted by JNW - 16 Jun 2020 04:53

---

Hi guys,

Today day is day 1/90 and I feel great. I hope to be writing every day of my journey through the next 89 days, please join me and I would love the chizuk and tips too..

=====

Re: Join my journey

Posted by Meyer M. - 16 Jun 2020 12:03

---

Congratulations and good luck! Don't feel pressured if you dont post on a given day, you can

=====

Re: Join my journey

Posted by Snowflake - 16 Jun 2020 14:11

---

Welcome! I second Meyer, you don't need to post everyday if you don't feel like it, but I think you can greatly benefit from dropping by everyday. You can always learn something new and even if not, coming here keeps you focused.

If you haven't taken a look at it yet, there's a great thread from Menachem about creating your plan. I highly encourage you to read it and make an elaborate plan.

=====

Re: Join my journey

~~always post about it on the next one,~~ we won't kill you over it.

Posted by JNW - 17 Jun 2020 05:38

---

Hi all,

Today is day 2/90 and BH i feel great, i might have had some urges but i fought them off. I can't wait for another amazing day that Hashem will provide tomorrow. I'm going to bed now.

THANKS FOR BEING WITH ME!!!! 90 DAYS!!!!

=====

Re: Join my journey

Posted by Meyer M. - 17 Jun 2020 12:40

---

Keep the good news coming!

=====

Re: Join my journey

Posted by JNW - 18 Jun 2020 05:37

---

Hope everyone is doing well,

Today is day 3/90 B"H!!!! Today was fine until I was home alone and had an urge, but I got up instead and ran to do other things. I have been working on being mindful I'm the present moment when I have an urge. 90 days feels so long from now so I need all your chizuk!!!!

Thank You!!!

=====

Re: Join my journey

Posted by Meyer M. - 18 Jun 2020 12:24

---

dont start with 90 days, this is now day 3/15

=====

Re: Join my journey

Posted by Hashem Help Me - 18 Jun 2020 14:02

---

90 days is a great goal and incentive, but the real goal is to rewire your thinking. There is no "need" for this garbage. There is life without sexual pleasure. One day at a time just tell yourself, "I do not need this today", and plan your day to be busy productive and positive. Squeeze in some physical activity, and start focusing on all the nice things that you do. Keep posting and stay connected, so when there is a tough day, you can reach out for reminders that you can get past this b'ezras Hashem, as so many others already have done.

=====

Re: Join my journey  
Posted by JNW - 19 Jun 2020 06:16

---

Today is day 4/90 BH I had a great day today, I know it's going to start to get harder in the next few days. Please keep the chizuk and tips coming!!!

=====

Re: Join my journey  
Posted by Hashem Help Me - 19 Jun 2020 11:05

---

In the beginning there is normal withdrawal. Don't panic from it. Exercise is very healthy at neutralizing it.

At the same time, "I know it's going to start to get harder in the next few days", should be rephrased, "I know over the next few days I will imagine that I NEED this garbage more and more, but it's not a real need." The more you internalize that thought, b'ezras Hashem you will have the wherewithal to pull through.

=====

Re: Join my journey  
Posted by JNW - 21 Jun 2020 05:51

---

Good V'och!

Today is day 6/90 and B"H I feel great! Let's Do This!!! Please submit more chizuk to help me with this journey..

=====

=====

Re: Join my journey

Posted by battle-of-the-gen - 21 Jun 2020 06:26

---

Build your want and desire to overcome it. Found it really helpful. Really sit down and daher whats at stake if you dont overcome it(if you wanna a list Im sure we can arrange for one). Then you realize how serious issue it is and you can arrange the proper steps and plans to overcome it. Hatzlacha!

=====

=====

Re: Join my journey

Posted by JNW - 22 Jun 2020 04:29

---

Shalom all,

Today is day 7/90!! B"H with Hashems Help, It has been a week, thanks for all the chizuk. Now I want to pick it up a level and keep an moving forward... please send your guidance..

=====

=====

Re: Join my journey

Posted by Meyer M. - 22 Jun 2020 11:34

---

[JNW wrote on 22 Jun 2020 04:29:](#)

Shalom all,

Today is day 7/90!! B"H with Hashems Help, It has been a week, thanks for all the chizuk. Now I want to pick it up a level and keep an moving forward... please send your guidance..

Beautiful! What a milestone! It gets easier as you go but don't start getting lazy, watch those eyes and watch out for triggers, adjust your game plan as needed and keep on fighting!

=====

====

Re: Join my journey

Posted by JNW - 23 Jun 2020 12:44

---

Hi all,

unfortunately lastlast night I had a minor fall, my urge was either too strong or I just wasn't thinking. Both come together I think. I have webchaver, yet it dosen't block certain things even thought the point of the app is supposed to capture the screen, but even nothing totally inappropriate which I would still have my eyes look away from it doesn't necessarily capture it if you are not on it for a period of time. Any suggestions of what I should do? Should I start back to day one or continue? I will have this at times, I'll fall and the. Be clean for a week or two and then fall again. Any Chizuk or Tips. I know this is a working process, I just need a better plan to fix it.

Thank You for all the encouragement you have given me to get to this point, and now I'm going to try again and try to make a new plan....

=====  
=====