

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..

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Re: Join my journey

Posted by DavidT - 23 Jun 2020 14:06

[JNW wrote on 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....

You're actually doing great, keep it up!

Here is some info on: **What constitutes a "Fall" to require restarting the count?**

There are "slips" and there are "falls". "Slips" **do not** require restarting the count. "Falls" **do** require restarting.

A "Fall" is one of the following things:

1. **Intentional masturbation (with finish)**
2. **Intentionally viewing improper sites**

3. Intentionally calling inappropriate telephone numbers

4. Intentionally seeking out and reading erotica

In regard to number 2 (and 4), if someone saw something by mistake and then got a little bit carried away and kept looking at it, or even if someone saw a link and couldn't resist clicking on it but then catches themselves within a few seconds, that would only be considered a "slip", not a "fall". However, if someone decides to actively pursue viewing, that would be considered a fall.

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Re: Join my journey

Posted by JNW - 24 Jun 2020 05:11

Today is day 1(again) or day 9/90 days depends how you view it. I'm not going to let my fall last night bring me down and I view this as a continuation. Today I was good, I kept busy so that was great...

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Re: Join my journey

Posted by battle-of-the-gen - 24 Jun 2020 05:31

Numbers and streaks are a great chizuk, but not the main point. The long term goal is to get to a point of overall cleanliness and Ill say your definitely on the road. The roads gonna be a bit bumpy, but even if your "number" resets it doesn't mean your progress did. Progress was, is, and will continue to be made. Just take what happened, learn from it, make a plan to try avoid the situation in the future and move on.

(as a side note I think DavidTs criteria is great way of determining if its a fall regarding the numbers game)

Hatzlacha!

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Re: Join my journey

Posted by wilnevergiveup - 24 Jun 2020 13:19

There are two separate counts one that is mostly irrelevant in the short term and one that

summarizes your journey. The first is the 90 day chart and the second is the "Cumulative Clean Days" count.

When your 90 day number is low make sure to look at that Cumulative Clean Days number and really focus on it. That is really where you are holding.

Hatzlacha,

Wilnevergiveup

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Re: Join my journey

Posted by Snowflake - 24 Jun 2020 15:22

I'm listening to Dov's audios on 12 steps and they're great. There's a very powerful thing he says: I wouldn't trade 30 years of sobriety for being sober for today. Meaning he would pay any price and give up anything to be sober just for today. He would not accept a theoretical agreement with G-d where he would fall today C"V and G-d would guarantee him 30 years of sobriety from the next day on. Of course this is purely theoretical and even ludicrous to assume such thing but the idea very powerful. Nothing beats being sober for today. This is one day at a time at its fullest. The most important thing is staying sober for today. That being said, if you had a fall, it's important to use it as an opportunity for learning and growth, and see where you can up your defenses. Streaks are good, but we must appreciate being sober for today for ourselves really, that's the greatest gift. I've learned to do this for myself. Of course I love G-d and my family and do it for them too, but my life's way better for myself when I'm not acting out. So if I want to have a great day for myself, I know I need to stay sober for today.

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Re: Join my journey

Posted by ??? ???? ???? ??? - 24 Jun 2020 21:40

[wilnevergiveup wrote on 24 Jun 2020 13:19:](#)

There are two separate counts one that is mostly irrelevant in the short term and one that summarizes your journey. The first is the 90 day chart and the second is the "Cumulative Clean Days" count.

When your 90 day number is low make sure to look at that Cumulative Clean Days number and really focus on it. That is really where you are holding.

Hatzlacha,

Wilnevergiveup

I love that, wilnevergiveup. The idea that regardless of the length of a clean streak, if we are looking at less pornography and not masturbating as much, we are improving.

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Re: Join my journey

Posted by Meyer M. - 21 Sep 2020 03:51

[JNW wrote on 23 Jun 2020 12:44:](#)

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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....

How are you?

Regarding the fall, did you intentionally look or did you stumble across something and looked away?

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