

There must be a way

Posted by starting - 21 Jul 2020 05:34

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The y"h gave me a new line of thought today: stopping cold turkey is not for me. I'll forever feel like I'm missing out and I'll get depressed. I should really make my streaks go a bit longer each time.

This is after trying to stop for well over 10 years. How crazy is that?

?I now see even more clearly how he has powers of manipulation that we cannot fathom

Doing it for my good of course. I shouldn't always feel like I'm missing out

The creep

I hereby start my journey to purity

The reason I have not officially done this yet is because I feel that the order of the forum is cleverly designed. I first introduced myself. Then I started a log of trying to break free (this actually in the marrieds section as it's a bit along those lines)

I did not in any way have the strength to attempt a 90. But now I think that the time is ripe. Even if it takes a few tries.

Day 18 (BTW it's my first time at day 18 in my life)

Hatzlacha guys

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Re: There must be a way

Posted by starting - 20 Apr 2021 20:22

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Clean b"h

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Re: There must be a way

Posted by starting - 22 Apr 2021 18:37

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I am 4 days clean from masturbation for the first time in several weeks. I did see some very explicit content yesterday though.

I spent record amount of time with my wife this week (we usually have like one night a week together) and would not have strength to fight if not for having her available but I am happy to be at this stage now. I know that it's against the ODAAT policy.

On the way up

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Re: There must be a way

Posted by #makelifegreatagain - 22 Apr 2021 21:57

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Happy to hear about your streak and the time you spent with your wife. Just make sure to be careful to avoid seeing anything you shouldn't see, because you will regret it later. I say spend as much time with your wife as you can. That way when you're not around her you might want to mess up less because your relationship with her will grow stronger from the time you 2 spend together. It's just an idea, but it can't hurt to try!

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Re: There must be a way

Posted by starting - 25 Apr 2021 12:42

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Fell again

Got up again

Clean since Friday b"h

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Re: There must be a way  
Posted by starting - 29 Apr 2021 06:00

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I had a bad slip last night, bad enough to count it as a fall. At least it was over quickly

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Re: There must be a way  
Posted by starting - 03 May 2021 06:31

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Fell again yesterday after 3 days

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Re: There must be a way  
Posted by EvedHashem1836 - 03 May 2021 21:40

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Sometimes its easy to lack motivation to get a long streak because we won't be able to get our pleasure of acting out. Meaning if you have a streak of 0-7 days you might think alright i don't have such a big streak it will only take a few days to get back to where I am. But following that logic you will never reach greatness and break free. Not saying your doing this but theres something thats the problem here because youve been in a bit of a rut. What are you going to do to get out? Why don't you set yourself a flexible goal - 2 week clean streak by the end of may or st similar? (thats one of the ways I personally broke free)

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Re: There must be a way  
Posted by starting - 08 May 2021 23:16

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[EvedHashem1836 wrote on 03 May 2021 21:40:](#)

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logic you will never reach greatness and break free. Not saying your doing this but theres something thats the problem here because youve been in a bit of a rut. What are you going to do to get out? Why don't you set yourself a flexible goal - 2 week clean streak by the end of may or st similar? (thats one of the ways I personally broke free)

Thanks. I will bl'n elaborate with a clearer update sometime this week.

Got a 6 day streak this week b"h but now I'm back to 0

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Re: There must be a way

Posted by starting - 14 May 2021 07:54

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Fell today on day 6

Hard side the month but getting better in general I think

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Re: There must be a way

Posted by Snowflake - 10 Jun 2021 23:55

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R'Starting how are you doing?

Missing you, fellow...

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Re: There must be a way

Posted by YeshivaGuy - 16 Jun 2021 14:02

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Hows it goin man?

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Re: There must be a way  
Posted by starting - 20 Jun 2021 10:28

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Thank you both for asking

B"h I am feeling more like I'm getting back into it, currently 5 days clean and had 5 days several times recently which is on the way up.

What I am really devoting much of time and energy to is my work, trying to pay up the bills on time.

I do think of gye quite a bit though but the thought of trying to put my feelings on paper (or on screen) is just too draining.

I have also not been on the phone for a few weeks but I hope to make a call sometime this week if I can ly"h.

Sorry about the way I sound, I know it's depressing but I really want to say that my inspiration comes from you. And that inspiration grows as you guys grow

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Re: There must be a way  
Posted by starting - 26 Jun 2021 23:23

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Starting again

Day 1

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Re: There must be a way  
Posted by Rt234 - 27 Jun 2021 16:00

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Keep on trying u'll eventually nail it. A person that doesn't take his shots has no chance.

good luck!!

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Re: There must be a way

Posted by excellence - 27 Jun 2021 18:28

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[Rt234 wrote on 27 Jun 2021 16:00:](#)

Keep on trying u'll eventually nail it. A person that doesn't take his shots has no chance.

good luck!!

Correct. But It's important to remember that the trying is a goal in itself, and it's not just about eventually nailing it!

Bhatzlocho,

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