

Reaching 90 days of no touch,mz”L,& porn!

Posted by Shtarkandemotional - 13 Dec 2020 04:13

! I’m hoping to reach my goal of no touching my
and I
will talk about day to day how my life is and the challenges that come up bezH... for anyone who
saw my other thread ... I’m gonna be taking a “break” in my relationship ... so I’m adding no
touching my girl for the next 90 days since even though I’m taking a break the yetzer hara
and she also lives in the neighborhood so things can come
up and it can be challenging and my porn struggle I’ve had a few year history with it... I’ve
made nedarim and had long stretches clean for many months I’ve recently had a fall which led
to fall(s) for a couple weeks now and I want to get back on my feet again... This stuff means a
lot to me I paid close to 2 thousand dollars paying off kenasim that I made against porn and
mz”L but besides that... I was very matzliach Bh!!!!!! Those clean months are worth way way
girlfriend for 90 days no m”zl for 90 days and no porn for 90 days... this will be my chart
more then 2 thousand dollars! (Anyone who wants tips I have a lot of good strategies that help)
so I’m starting again aiming for 90 days of these 3 inyanim.... hoping everyone can be the
support in the time of need Thanku all!!!!!!!

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always finds himself back in my life

Re: Reaching 90 days of no touch,mz”L,& porn!

Posted by Zedj - 13 Dec 2020 04:58

Hi S.A.E!

Welcome back!

These are all great things to work on.

It is a big step and i am sure all on GYE have your back through the ups and downs.

So the plan is to take a 3 month break from your girlfriend? What is your plan after 3 months?
Wouldn't you just be back to square one?

Am I understanding this right?

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Re: Reaching 90 days of no touch,mz"L,& porn!
Posted by Shtarkandemotional - 13 Dec 2020 05:00

[Zedj wrote on 13 Dec 2020 04:58:](#)

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Hey, I'm thinking that to think about the first 90 days for now then to move up and up from there
bezH... I'm just thinking now like a goal to make then to move to the next goal bezH...

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Re: Reaching 90 days of no touch,mz"L,& porn!
Posted by Shtarkandemotional - 13 Dec 2020 05:03

[Shtarkandemotional wrote on 13 Dec 2020 05:00:](#)

[Zedj wrote on 13 Dec 2020 04:58:](#)

Hi S.A.E!

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Am I understanding this right?

Hey, I'm thinking that to think about the first 90 days for now then to move up and up from there bezH... I'm just thinking now like a goal to make then to move to the next goal bezH...

like to now think of 90 days and then another and another... bezH and then I'll have the motivation that even through the times that an unfiltered computer pops up and I meet my relationship in mind for the near future bezH... it will happen but at least I'll have the motivation not to touch etc and not to fall with porn etc... if I have that motivation of days clean already etc...

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Re: Reaching 90 days of no touch,mz"L,& porn!
Posted by eyes - 13 Dec 2020 13:28

dear [Shtarkandemotional](#)

If I may give a bit of advise from a nobody.

Please get a good filter.

I have techloq. If you call the monsey office speak to aron frand. He is a tzaddik and he will help you install the best filter for your computer and smartphone. If you could get rid of your smartphone that would be even better. You are in Yeshiva, you really dont need the distraction.

When you say modeh ani in the morning ask Hashem for today to be clean. Dont ask for tomorrow or yesterday ask for today.
girlfriend it will happen within the next 2 years

Hatzlacha.

Eyes

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Re: Reaching 90 days of no touch,mz"L,& porn!
Posted by Captain - 13 Dec 2020 17:52

Welcome! Why don't you check out these great free resources?

Great book for breaking free: The Battle of the
Generation <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>.

Rabbi Shafier's incredible lectures on breaking free: The Fight. Download
here: <https://theshmuz.com/series/the-fight/>

Also, check out the daily GYE Boost emails at www.gyeboost.org.

A little inspiration every day can go a long way.

Wishing you much hatzlocha!

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Re: Reaching 90 days of no touch,mz"L,& porn!
Posted by ??? ???? ???? ??? - 13 Dec 2020 19:44

[Shtarkandemotional wrote on 13 Dec 2020 04:13:](#)

Those clean months are worth way way more then 2 thousand dollars!

Great line! Hatzlachah!

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Re: Reaching 90 days of no touch,mz”L,& porn!
Posted by Shtarkandemotional - 14 Dec 2020 23:41

I’m about to fall!!!!!!!!!!!!!!

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Re: Reaching 90 days of no touch,mz”L,& porn!
Posted by Shtarkandemotional - 14 Dec 2020 23:43

[Shtarkandemotional wrote on 14 Dec 2020 23:41:](#)

I’m about to fall!!!!!!!!!!!!!!

I wanna watch porn so badly!!! Feeling such a desire plus tons of sadness!!!!

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Re: Reaching 90 days of no touch,mz”L,& porn!
Posted by YeshivaGuy - 14 Dec 2020 23:49

Go dump a cup of cold water on ur head. It helps.

We’ll talk more after

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Re: Reaching 90 days of no touch,mz"L,& porn!
Posted by Shtarkandemotional - 15 Dec 2020 00:00

[YeshivaGuy wrote on 14 Dec 2020 23:49:](#)

Go dump a cup of cold water on ur head. It helps.

We'll talk more after

maybe I'm gonna try to run

outta my house to yeshiva!!!! So painful:(

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Re: Reaching 90 days of no touch,mz"L,& porn!
Posted by YeshivaGuy - 15 Dec 2020 00:26

We'll need to discuss the sadness, but for the moment the only eitzah is distraction. So ya,
running to Yeshiva should help

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I did that just now!!!! Still with my desires and so much sadness !!!

Re: Reaching 90 days of no touch,mz"L,& porn!
Posted by Markz - 15 Dec 2020 00:37

[Shtarkandemotional wrote on 15 Dec 2020 00:00:](#)

[YeshivaGuy wrote on 14 Dec 2020 23:49:](#)

Go dump a cup of cold water on ur head. It helps.

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maybe I'm gonna try to run

outta my house to yeshiva!!!! So painful:(

Sorry to hear.

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Re: Reaching 90 days of no touch,mz"L,& porn!
Posted by 90dys - 15 Dec 2020 03:43

S.A.E.

You are literally Yosef Hatzadik - in the plainest sense of the word.

This will sound bad and **hashkafically corrupt**, but (I am married now, so my nisyonos pale compared to yours, and so) **I truly envy your nisayon!!**

?Your schar is incomprehensible, brother.

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Re: Reaching 90 days of no touch,mz"L,& porn!
Posted by Gevura Shebyesod - 15 Dec 2020 03:49

[YeshivaGuy wrote on 14 Dec 2020 23:49:](#)

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GYE Ice Bucket Challenge!

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