

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!!!!!!!

=====

=====

always finds himself back in my life

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

Posted by 90dys - 15 Dec 2020 06:08

---

Grant,

My vote - for whatever it's worth - is that SAE is unquestionably Miracle # 5 (even if he "fell" - he  
put up one \_\_\_\_\_ of a battle)

SAE,

Can your next post be a bracha to us? The zchusim that you have are pretty  
powerful...just wondering if those merits can translate into added S"D to the chevra.

Good Night guys, get some well deserved rest

=====

=====

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

---

Posted by Zedj - 15 Dec 2020 21:32

---

Hey, what's up S.A.E?

How did we do?

I have confidence you will share good news!

But even if its "not good news", you put up aa hefty fight.

Keep strong and know we are here.

Wishing you a happy Chanukah!

=====

Re: Reaching 90 days of no touch,mz"L,& porn!  
Posted by Shtarkandemotional - 16 Dec 2020 05:00

---

!!!!!!! The good news is I just got  
my new iPhone filtered!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! After falling today.... I decided that's IT!!!! Hoping  
this step will bring me closer to hashem bezH!!! And have clarity and should help us all become  
better people bezH!!

=====

Re: Reaching 90 days of no touch,mz"L,& porn!  
Posted by YeshivaGuy - 16 Dec 2020 05:03

---

[Shtarkandemotional wrote on 16 Dec 2020 05:00:](#)

!!!!!!! The good news is I just got my new iPhone filtered!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! After falling today.... I decided that's IT!!!! Hoping this step will bring me closer to hashem bezH!!! And have clarity and should help us all become better people bezH!!

I would like to share some good news and some sad news:(  
Wow! Gamechanger.

Don't think about the fall for even a moment.

You're a new man now in a completely different matzav.

You are amazing. Simply amazing.

A true warrior of Hakadosh Baruch Hu.

Hatzlocha!!!

Stay strong and stay in touch!!!

Gut Chanuka,

YeshivaGuy

=====

Re: Reaching 90 days of no touch,mz"L,& porn!  
Posted by Grant400 - 16 Dec 2020 15:17

---

[Shtarkandemotional wrote on 16 Dec 2020 05:00:](#)

!!!!!!! The good news is I just got my new iPhone filtered!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! After falling today.... I decided that's IT!!!! Hoping this step will bring me closer to hashem bezH!!! And have clarity and should help us all become better people bezH!!

My dear SAMmy,

That's great news! Now I'd like to suggest that you start working on understanding that lust isn't a necessity. In addition to a filter on our devices, we must install filters on ourselves. We must revamp our approach to the entire concept of sexuality, and not feel complacent after installing filters. At the end of the day without internal changes, all the methods in the world will eventually not be enough.

Looking forward to reading many more of your inspiring posts!

Grant

=====  
=====

Re: Reaching 90 days of no touch,mz"L,& porn!  
Posted by 90dys - 16 Dec 2020 22:06

---

.... In addition to a filter on our devices, we must install filters on ourselves. We must revamp our approach to the entire concept of sexuality, and not feel complacent after installing filters. At the end of the day without internal changes, all the methods in the world will eventually not be enough....

Grant,

Those lines are pure gadlus. Precisely why nothing worked for me for 31 years. Taphsic is no more than a gimmick if unaccompanied by deep change.

The feeling that such transition has occurred cannot be described in words, but must be

experienced. I believe that BEZ"H I am tasting it for the first time in my life.

And what Siyata D'shmaya it was to have found such a support team to help me commit to such change...I view the 10-20 minutes daily that I spend on this forum as my reward for the tough nisyonos that I am approaching (throughout the day) in a whole new light.

?A Freilichen, chevra!

=====

=====