

Square one

Posted by Looking_to_improve - 28 Feb 2021 22:41

Thread 3

Day 0

Restarting from square one

=====
=====

Re: Square one

Posted by Ish MiGrodno - 22 Apr 2021 00:17

Wow, I am so impressed!

?(And my deepest apologies for not being more in contact...)

Stay strong, tzadik!

IMG

=====
=====

Re: Square one

Posted by Looking_to_improve - 23 Apr 2021 14:19

Day 8

BH clean today and yesterday

Changing my filter has helped a lot

=====
=====

Re: Square one

Posted by Zedj - 23 Apr 2021 15:08

Amazing!

Good to hear.

=====
=====

Re: Square one

Posted by Ish MiGrodno - 23 Apr 2021 18:30

Awesome! the chizuk that you provide for us is priceless...

Please keep us posted,

IMG

=====
=====

Re: Square one

Posted by Looking_to_improve - 25 Apr 2021 16:06

Here's a message I sent to a mentor earlier today, I though it might be kdai to share here.

It took me a while to fall asleep last night. I spent some time thinking about a certain girl, which wasn't great. I know that it's normal for a young guy to have a desire for a physical relationship, but I don't think I realise that so much more is involved in any relationship than just the physical side of it. BH I'm not involved with her, or messaging her or anything like that, but I would like to try to stop these thoughts and fantasies. I think it's probably a bit of withdrawal, but it's also somewhat of a long term thing that I have only got past a few times

=====
=====

Re: Square one

Posted by Looking_to_improve - 25 Apr 2021 21:19

Day 10

BH today was clean

Feeling some desire now to delve into the thoughts I wrote in my last post. I think it's a mix of withdrawal and also something that is habitual to me and that I've done a lot in the past. I've been dealing with it a bit more over the last week but haven't wrote much about it.

I have to appreciate that despite the fact it's still not a great thing to go into, it's still a lower level desire.

Warning: Spoiler!

=====
=====

Re: Square one

Posted by Looking_to_improve - 26 Apr 2021 21:03

Day 11

BH today was clean.

I touched myself today at one point when I wasn't really thinking, and while doing something else. I don't think it's something to get caught up on

=====
=====

Re: Square one
Posted by Looking_to_improve - 27 Apr 2021 21:26

Day 12

BH today was busy and clean

=====
=====

Re: Square one
Posted by EvedHashem1836 - 28 Apr 2021 01:46

12 days is very impressive! Keep it coming almost at 2 weeks!!!

Also know the beginning is the hardest once you make it past 2/3 weeks it gets a lot easier in my experience

=====
=====

Re: Square one
Posted by Looking_to_improve - 28 Apr 2021 18:51

Thank you

Day 13

BH clean today

=====
=====

Re: Square one
Posted by Looking_to_improve - 29 Apr 2021 21:05

2 weeks!

14 days clean bH

Haven't been this clean since Jan 26th, around a month before Purim

Finally on the up again, making progress

=====
=====

Re: Square one

Posted by Striving Avreich - 29 Apr 2021 21:28

[Looking_to_improve wrote on 29 Apr 2021 21:05:](#)

2 weeks!

14 days clean bH

Haven't been this clean since Jan 26th, around a month before Purim

Finally on the up again, making progress

????? ???? ????? ??? ?????? ?? ??????!

=====
=====

Re: Square one

Posted by Looking_to_improve - 01 May 2021 22:14

Day 16

BH clean over Friday and Shabbos

=====
=====

GYE - Guard Your Eyes

Generated: 14 June, 2021, 14:14

Re: Square one

Posted by EvedHashem1836 - 02 May 2021 01:56

Yessss keep it coming!

=====
=====

Re: Square one

Posted by Looking_to_improve - 02 May 2021 21:09

Day 17

BH clean day today

I'm not in uncharted territory, but I'm on a path that I haven't treaded on in a while.

=====
=====