

Square one

Posted by Looking_to_improve - 28 Feb 2021 22:41

Thread 3

Day 0

Restarting from square one

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Re: Square one

Posted by Looking_to_improve - 09 Apr 2021 05:00

Woke up frustrated and tired today. Went to the bathroom and almost acted out on impulse

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Re: Square one

Posted by EvedHashem1836 - 09 Apr 2021 20:23

Cmon you got this! See if you can make it to motzei shabbos without acting out - dont worry what happens after that. Seriously don't. For sure No heter to act out after that but j don't worry about it

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Re: Square one

Posted by Looking_to_improve - 10 Apr 2021 21:59

Day 2

BH I'm clean

Looking forward to being busy with Zman. I think I've had a few days where I didn't realise how much free time alone I would have

Does anyone know when gye 2.0 is being launched?

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Re: Square one
Posted by Looking_to_improve - 11 Apr 2021 20:06

Day 3

BH today was clean

Wasn't in a good mood for some of today, dealing with yeshiva stuff for this zman

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Re: Square one
Posted by Looking_to_improve - 12 Apr 2021 20:13

Day 4

bh clean

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Re: Square one
Posted by Looking_to_improve - 13 Apr 2021 20:36

Day 5

BH today was clean

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Re: Square one
Posted by thetimeisnow! - 13 Apr 2021 21:23

Keep it up!

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Re: Square one

Posted by Looking_to_improve - 14 Apr 2021 20:21

Day 6

BH clean

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Re: Square one

Posted by Looking_to_improve - 14 Apr 2021 22:20

Just spent some time trying to search for bad pictures. I can see that my new filter is very good at blocking porn, but a bit worse at blocking things that are less extreme, but still bad. I think I need to adjust the settings a bit.

Going to sleep now

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Re: Square one

Posted by Zedj - 14 Apr 2021 23:45

Happy to hear it's working for you.

Keep us updated with how it goes.

Wishing you much success

Re: Square one

Posted by Looking_to_improve - 15 Apr 2021 06:57

Also searched for some stuff this morning as well. I haven't masturbated, but feel like I might end up doing it today

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Re: Square one

Posted by HappyYid - 15 Apr 2021 11:54

Don't do it!!

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Re: Square one

Posted by Striving Avreich - 15 Apr 2021 12:36

Great job for posting hear.

If you'd like to, I'd suggest calling someone. (You have my number). This is not primarily a tactic that just postpones the inevitable. It is to get someone else involved in what's going on so we don't obsess, we can talk it over. I find that it helps.

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Re: Square one

Posted by Looking_to_improve - 15 Apr 2021 22:02

I masturbated earlier this evening.

Not feeling so down right now, but do have a bit of a feeling of being fed up, I don't feel like I'm capable of being clean for more than a week or two right now, I keep on falling at the first hurdle. I haven't made any progress in a while

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Re: Square one

Posted by Looking_to_improve - 15 Apr 2021 22:06

Am I even putting any effort into this anymore?

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