

Square one

Posted by Looking\_to\_improve - 28 Feb 2021 22:41

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Thread 3

Day 0

Restarting from square one

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Re: Square one

Posted by Looking\_to\_improve - 06 Mar 2021 22:02

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Day 6

BH I'm clean today. Motsei shabbos was a bit better, my mind cleared up a bit.

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Re: Square one

Posted by OivedElokim - 07 Mar 2021 04:14

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Keep it up buddy

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Re: Square one

Posted by Looking\_to\_improve - 07 Mar 2021 21:42

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Day 7

One week!

BH today was clean, but lusting and feeding my fantasies too much

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Re: Square one  
Posted by Striving Avreich - 08 Mar 2021 09:21

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Re: Square one  
Posted by Zedj - 08 Mar 2021 13:39

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Amazing!

Keep it up!

do you have a plan in place when lust/fantasy occurs?

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Re: Square one  
Posted by Looking\_to\_improve - 08 Mar 2021 16:48

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To be honest no, which sounds stupid when I write it down. Mainly I'm trying to be preventative and avoid situations where I'll feel vunderable. Do you have any recommendations on how to formulate a plan?

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Re: Square one  
Posted by Looking\_to\_improve - 08 Mar 2021 21:11

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Day 8

BH today was clean

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Re: Square one  
Posted by Zedj - 08 Mar 2021 23:36

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8 days of solid winning!

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Re: Square one  
Posted by Striving Avreich - 08 Mar 2021 23:39

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Rabosai, I think we need a major celebration lkovid R' Looking\_to\_improve's major win!!!

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Re: Square one  
Posted by Looking\_to\_improve - 09 Mar 2021 06:51

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[Striving Avreich wrote on 08 Mar 2021 23:39:](#)

Rabosai, I think we need a major celebration lkovid R' Looking\_to\_improve's major win!!!

Thank you, although I'm not sure what the cause for celebration is

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Re: Square one  
Posted by starting - 09 Mar 2021 07:00

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[Looking to improve wrote on 08 Mar 2021 16:48:](#)

To be honest no, which sounds stupid when I write it down. Mainly I'm trying to be preventative and avoid situations where I'll feel vunderable. Do you have any recommendations on how to formulate a plan?

Great template in the smart recovery section from menachemgye

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Re: Square one  
Posted by Looking\_to\_improve - 09 Mar 2021 16:32

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A few questions for everyone here (I might start a dedicated thread for this)

- 1) Have you spoken to a friend about your struggles?
- 2) How did you start the conversation?
- 3) Was it beneficial to either of you?
- 4) Is he someone who struggles, and if not, could he relate to you?

Thanks for your help

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Re: Square one  
Posted by Looking\_to\_improve - 09 Mar 2021 20:27

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Day 9

BH clean today

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Re: Square one  
Posted by Looking\_to\_improve - 10 Mar 2021 22:55

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Day 10

BH another good day

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