

just do it!

Posted by Ybird - 02 Nov 2021 15:35

Hi everyone here on gye, this is yBird,

I want to post some of my struggle in my journey to 90 days clean, I'm in my low 20's with 2 children, in a Chasidic community in brooklyn, Before my chasuna i B"H didn't know of any shmutz (WHAT?!) not erection, not p**n, only holiness ty"h, but I did sometimes have lust thoughts going through my mind like imagining how to have s*x and how it would look like after my Chasuna, also I used to have wet dreams once in a while.

I married a wonderful wife and we had a wonderful marriage, but not for too long. The first 6 months after marriage we had a wonderful love life with intimacy every single day, but it all came crashing down when she got pregnant, it went from 7 times a week to once in every 7 weeks or even less! it was very hard for me, really tough but i got thru it for some time, till i discovered that i could have pleasure without having my wife involved RCH"L, also i started to watch p* on my wife's phone when she didn't see, first it was very few and far inbetween, but it got more frequently, and i sometimes i even opted in for own pleasure instead of real s*x with my wife,

After first baby things didn't get any better from wife's side, she got totally disinterested in having s*x, after a year and change she got pregnant again and now she is after her 2nd baby, and I'm reaching out to hashem to save my s*xless marriage, and myself from avairesi started GYE right before Rosh Hashana, together with the 90 day calendar but I fell a few times,

please if someone could give me some advice or chizzuk i would appreciate it very much. If you read till now please forgive me for writing such a long post

thank you.

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Re: just do it!

Posted by Human being - 04 Jan 2022 17:49

Wow you are amazing! Pat on the back to you.

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Re: just do it!
Posted by DavidT - 04 Jan 2022 17:51

[Ybird wrote on 04 Jan 2022 16:44:](#)

mazel tov!!!!

i reached 50 clean days!

thank you hashem for keeping me pure and to all of you guys, i would never got to that number without all of your help

AMAZING!!!!!!!!

You have no idea how much chizzuk it gives us when a person keeps strong and clean. You're actually bringing a lot of kedusha into this world, Hashem loves you!

Please keep it up for your sake and for the sake of many many people that you're encouraging...

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Re: just do it!
Posted by Ybird - 06 Jan 2022 19:10

Thank you everyone for this much needed chizzuk

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Re: just do it!
Posted by Ybird - 27 Jan 2022 19:10

A wise man once said

“You don’t drown by falling in
the water; you drown by
staying there.”

— Edwin Louis Cole

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Re: just do it!

Posted by sleepy - 27 Jan 2022 23:09

[Ybird wrote on 27 Jan 2022 19:10:](#)

A wise man once said

“You don’t drown by falling in
the water; you drown by
staying there.”

— Edwin Louis Cole

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actually, if you have a snorkel staying there wont do it either

Re: just do it!

Posted by Gevura Shebyesod - 28 Jan 2022 11:40

A wise man once said

preview.redd.it/q1sz4o3txbz.jpg?auto=webp&s=fb336a985d51e065937478e213524e3f49350359

??????

.A rubber ducky

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Re: just do it!
Posted by Gevura Shebyesod - 28 Jan 2022 17:31

[Ybird wrote on 27 Jan 2022 19:10:](#)

A wise man once said

“You don’t drown by falling in
the water; you drown by
staying there.”

— Edwin Louis Cole

How long can a rubber ducky stay in the water without drowning?

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Re: just do it!

Posted by Ybird - 31 Jan 2022 15:00

[Gevura Shebyesod wrote on 28 Jan 2022 17:31:](#)

[Ybird wrote on 27 Jan 2022 19:10:](#)

A wise man once said

“You don’t drown by falling in
the water; you drown by
staying there.”

— Edwin Louis Cole

How long can a rubber ducky stay in the water without drowning?

bh we are not rubber ducky's we are human beings without any floating gear, (the fish in the filthy water pull everything down, no matter how many gear you have it won't help,

btw mazel tov to my 77 days clean of P&M, i still hope to start a 90 days on top of my existing chart to quit social media and staring at woman on the street, and browsing inappropriate images online

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Re: just do it!

Posted by DavidT - 31 Jan 2022 16:03

[Ybird wrote on 31 Jan 2022 15:00:](#)

[Gevura Shebyesod wrote on 28 Jan 2022 17:31:](#)

[Ybird wrote on 27 Jan 2022 19:10:](#)

A wise man once said

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Mazel tov to your 77 days clean of P&M !!!

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Re: just do it!
Posted by Ybird - 14 Feb 2022 15:41

Mazel Tov i reached 90 days clean!!!!

tyh for helping me and for everyone here for being helpfull and mechazek...

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Re: just do it!
Posted by DavidT - 14 Feb 2022 16:04

[Ybird wrote on 14 Feb 2022 15:41:](#)

Mazel Tov i reached 90 days clean!!!!

tyh for helping me and for everyone here for being helpfull and mechazek...

MAZEL TOV!!!!!!!!!!!!

We're so excited to be able to witness such an amazing achievement!

Thank Hashem for showing you how much he loves you and he will help you continue on to many more clean & happy days.

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Re: just do it!

Posted by Hashem Help Me - 15 Feb 2022 12:33

Keep it up tzaddik. realize that day 91 is not so different than day 89.... Do not become demoralized because your yetzer hara still exists. Celebrate where you are up to and be confident that b'ezras Hashem you can continue...

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Re: just do it!

Posted by Lost In Search - 15 Feb 2022 13:23

Mazel tov

keep it up

lyh to 900 clean days and many more..... mit langeh gezunteh you're

where are you shtelling tikun?

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Re: just do it!

Posted by Ybird - 15 Feb 2022 15:08

[Hashem Help Me wrote on 15 Feb 2022 12:33:](#)

Keep it up tzaddik. realize that day 91 is not so different than day 89.... Do not become demoralized because your yetzer hara still exists. Celebrate where you are up to and be confident that b'ezras Hashem you can continue...

of course i'll never forget from where i came and always do the "one day at a time" approach

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