

90 day log!

Posted by TheYoungerTwin - 05 Dec 2021 01:29

im lo achshav, eimasai

I just fell last night.

i haven't gone 90 days without masturbating in the past 4 years. The closest I got was maybe a month and a half. I don't just need to stop, I really WANT to stop. And I have to accept that I can't do it alone.

So, bli neder, I will post an update every single day (except for when it's impossible) so I can keep focused, stay motivated, and keep the "one day at a time" mindset.

May it be Hashem's will that I and all who are trying to make it to 90 days clean (and beyond!) succeed.

Lets do this!

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Re: 90 day log!

Posted by TheYoungerTwin - 03 Jan 2022 18:55

having urges. feel like i need to release tension.

im 4 weeks clean, i cant give in now.

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Re: 90 day log!

Posted by committed_togrowth - 03 Jan 2022 21:24

You can do this! A lesson I've hard to learn the hard way and continue to learn is that aside from exercise, sometimes we really just need emotional validation from someone we care able when we go through a stressful or difficult time. Getting on the phone can work wonders in terms of

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Re: 90 day log!

Posted by TheYoungerTwin - 03 Jan 2022 23:41

[committed_togrowth wrote on 03 Jan 2022 21:24:](#)

relieving internal unease. You're doing amazing.
You can do this! A lesson I've hard to learn the hard way and continue to learn is that aside from exercise, sometimes we really just need emotional validation from someone we care able when we go through a stressful or difficult time. Getting on the phone can work wonders in terms of

thank you!!

still pushing through - im confident that i wont slip - but the urges are still pestering me.

i have a theory about why im being bombarded right now. I need speak to my parents about something heavy - but i never speak to my parents at all. All im doing is ruminating on how they might react etc. All this anticipation of something i am NOT looking forward to - its stressing me out and creating tension.

G-d help us

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Re: 90 day log!

Posted by TheYoungerTwin - 04 Jan 2022 22:50

doing good.

tensions gone.

im remembering the last time i counted to 29...

It was a rosh chodesh evening and we had steak for dinner. I thought about how this is a good celebration of my accomplishment. When i fell a few minutes later i was very disappointed. 29 days gone. and i had almost made it to 30.

this time will be different.

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Re: 90 day log!

Posted by committed_togrowth - 05 Jan 2022 18:25

I'm sure others will point this out as well, but those previous 29 days are not gone! They are forever your accomplishment

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Re: 90 day log!

Posted by Human being - 05 Jan 2022 18:39

We are all rooting for you to break your record. Your special! looking at you I can see i can do it.

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Re: 90 day log!

Posted by TheYoungerTwin - 05 Jan 2022 23:59

The 1/3 point.

i would not be here without gye.

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Re: 90 day log!

Posted by TheYoungerTwin - 06 Jan 2022 18:52

slipped and had a close call.

having taiva right now but i cant give in.

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Re: 90 day log!

Posted by Markz - 06 Jan 2022 19:01

[TheYoungerTwin wrote on 06 Jan 2022 18:52:](#)

slipped and had a **close call**.

having taiva right now but i cant give in.

One of the most important tools on GYE is

If you can make a long distance call with another guy over here,

it will save you from another close call

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Re: 90 day log!

Posted by flynnrider - 06 Jan 2022 19:42

Stay strong my friend! Right now it may seem that you can't continue without giving in, but it'll go away.

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Re: 90 day log!

Posted by TheYoungerTwin - 06 Jan 2022 21:18

taiva is gone for now

we're in the clear

day 31 is still clean.

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Re: 90 day log!

Posted by TheYoungerTwin - 07 Jan 2022 18:47

day 32

have a good shabbos everyone

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Re: 90 day log!

Posted by TheYoungerTwin - 09 Jan 2022 03:19

day 33

it just feels so good to be clean for this long.

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Re: 90 day log!

Posted by Human being - 09 Jan 2022 10:12

Keep it up brother! your really amazing. Your doing (and did!) so much already!

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