

90 day log!

Posted by TheYoungerTwin - 05 Dec 2021 01:29

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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 Human being - 10 Jan 2022 08:51

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You got this! 11 days out! cant wait!

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Re: 90 day log!

Posted by Hashem Help Me - 10 Jan 2022 12:00

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[TheYoungerTwin wrote on 10 Jan 2022 01:23:](#)

day 34

going through a bit right now.

masturbation was always my go-to stress-reliever.

Exercise is a great replacement. Masturbation causes the brain to secrete calming agents - endorphines - into the brain. When one exercises to the point that one's heart rate is raised, the same endorphines are released. Fact is, we need stress relief. Take care of yourself buddy; just do it in a kosher healthy way. In addition, if you exercise regularly (not just when feeling stressed), it keeps one in a generally healthy state of mind and does not allow stress to build up.

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Re: 90 day log!

Posted by TheYoungerTwin - 10 Jan 2022 19:25

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today marks 5 weeks.

is this real? is this possible?

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Re: 90 day log!

Posted by DavidT - 10 Jan 2022 19:44

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[TheYoungerTwin wrote on 10 Jan 2022 19:25:](#)

today marks 5 weeks.

is this real? is this possible?

This reflects the real YOU...

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Re: 90 day log!

Posted by Zedj - 10 Jan 2022 19:51

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[TheYoungerTwin wrote on 10 Jan 2022 19:25:](#)

today marks 5 weeks.

is this real? is this possible?

Keep surprising yourself!

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Re: 90 day log!

Posted by TheYoungerTwin - 10 Jan 2022 21:45

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[Zedj wrote on 10 Jan 2022 19:51:](#)

[TheYoungerTwin wrote on 10 Jan 2022 19:25:](#)

today marks 5 weeks.

is this real? is this possible?

Keep surprising yourself!

Amen!

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Re: 90 day log!

Posted by TheYoungerTwin - 11 Jan 2022 20:20

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day 36

slipped just now but stopped myself

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Re: 90 day log!

Posted by ??? ????? - 11 Jan 2022 22:12

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gegvaldig!!!

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Re: 90 day log!

Posted by TheYoungerTwin - 12 Jan 2022 00:01

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was having urges this afternoon and i forced myself to do exercise instead of continuing those thoughts.

it was pretty rough - i felt like giving up.

Thank G-d i didn't. I wouldn't stand a chance without the support of gye. Just knowing that people have been following my progress helps so much. Thanks guys.

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Re: 90 day log!

Posted by Hashem Help Me - 12 Jan 2022 02:16

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HERO!!!!!!!

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Re: 90 day log!

Posted by Human being - 12 Jan 2022 18:06

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Keep it up brother! Remember we are all following your progress! Its amazing!

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Re: 90 day log!

Posted by TheYoungerTwin - 12 Jan 2022 19:30

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day 37, feeling good.

37 just feels like an in-between number but every day counts.

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Re: 90 day log!

Posted by committed\_togrowth - 12 Jan 2022 22:37

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37 sounds like a HUGE number! The daily tracker gives us a tangible way to track our growth,

but the significance of the work you are doing cannot be adequately captured by a number.  
Without a doubt you are a different person than you were 37 days ago. Keep it up!

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Re: 90 day log!  
Posted by TheYoungerTwin - 13 Jan 2022 03:12

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[committed\\_togrowth wrote on 12 Jan 2022 22:37:](#)

37 sounds like a HUGE number! The daily tracker gives us a tangible way to track our growth,  
but the significance of the work you are doing cannot be adequately captured by a number.  
Without a doubt you are a different person than you were 37 days ago. Keep it up!

thank you.

it really is important to remind ourselves how significant it is. any work thats put in is an  
accomplishment.

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