

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 - 13 Jan 2022 17:03

[Human being wrote on 13 Jan 2022 07:40:](#)

you will.

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Re: 90 day log!

Posted by Human being - 13 Jan 2022 20:28

I will. It is true. Thank you for the chizuk.

And you will get to 38 39 40 41 42 43 44 45..... You will!

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Re: 90 day log!

Posted by TheYoungerTwin - 14 Jan 2022 20:01

day 39

shabbat shalom everyone

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Re: 90 day log!

Posted by Human being - 15 Jan 2022 18:32

Keep it up Mr. YoungerTwin! Amazing!

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Re: 90 day log!

Posted by TheYoungerTwin - 16 Jan 2022 00:31

[Human being wrote on 15 Jan 2022 18:32:](#)

Keep it up Mr. YoungerTwin! Amazing!

thank you.

im honestly amazed myself

40 days! five days left till the halfway point!

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Re: 90 day log!

Posted by TheYoungerTwin - 16 Jan 2022 22:48

day 41

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Re: 90 day log!

Posted by TheYoungerTwin - 17 Jan 2022 23:51

6 weeks in. Day 42.

Taiva still recurs, and I don't think that will ever stop, but it's definitely easier to deal with now. Sometimes battling away urges and thoughts leave me tired (like today). I've come this far, and just knowing that gives me strength to continue.

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Re: 90 day log!

Posted by 5Uu80*cdwB#^ - 18 Jan 2022 00:54

You can do it, The YoungerTwin! The battle will definitely get easier and easier the more you are able to divert your mind away from fantasies.

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Re: 90 day log!

Posted by TheYoungerTwin - 18 Jan 2022 21:24

day 43

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Re: 90 day log!

Posted by Human being - 19 Jan 2022 07:38

Tottaly incredible. 2 days out from 45 !! You excited? cuz i am!

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Re: 90 day log!

Posted by TheYoungerTwin - 19 Jan 2022 22:09

day 44

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Re: 90 day log!

Posted by Shtarkandemotional - 20 Jan 2022 18:25

keep it up!

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Re: 90 day log!

Posted by TheYoungerTwin - 20 Jan 2022 19:40

Day 45

halfway there...

my next goal is 60 days (2/3)

though i've read it many times on the forums, it finally hit me - it's all about the fantasizing. i realized that i've gotten into a habit of redirecting my thoughts any time something might stir up a sexual fantasy. thats how i stay clean - by keeping my thoughts clean and not letting things spiral out of control.

this is a huge milestone for me. i've said it before and i'll say it again - i would not be here without gye and all the support you guys give me.

thank you!

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Re: 90 day log!

Posted by Human being - 20 Jan 2022 19:46

Go team! 45 baby that's crazy times right there. dude your halfway to 90 unbe-credible!

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