

Destination - 90 days, A human beings journey.

Posted by Human being - 05 Jan 2022 18:52

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Here I go, this will be the spot for my journey to 90 days! I'm excited to finally start. Its my first time legitimately trying to stop masturbating and calling phone sex lines to listen to the recordings (and occasional porn when I have access).

Whatever my ETA is, 90 days is my destination.

I will hopefully post every day. Any feedback is appreciated.

I usually have a really hard time with phone sex lines when I'm in bed and going to sleep, which has always ended in masturbation. This is especially when I have a hard time falling asleep.

See you down the road- enjoy the ride!

#HashemWillHelpMe.#MyFatherMyKingMyLoveAndHeLovesMeToo

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Re: Destination - 90 days, A human beings journey.

Posted by Human being - 13 Jan 2022 20:35

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BH we are at 11 days my friends! Its getting closer to 15! 12...13....14....15.....16!.....  
.....17.....18.....  
.....90.....  
.....1000!

Friday night and Shabbos is usually hard. I hope its not a long battle. It wont be because I'm not going to give in no matter what.

I WILL NOT GIVE IN I WILL NOT GIVE IN I WILL NOT GIVE IN I've done it already last week and will do it again this week. And the next week.(and the next)

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Re: Destination - 90 days, A human beings journey.  
Posted by Shtarkandemotional - 13 Jan 2022 21:23

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Hey tzaddik! Your an inspiration! Keep going!

keep in mind, fights are much harder when you know it's an option.. if phone sex didn't exist it would be much easier... there's ways to make it considered not an option! Let me know if this seems something your interested in..

also keep in mind it's helpful when you constantly remind yourself why your not interested in that game anymore...

Here's some successful tips on the proper mindset to make your journey successful...

1.replacement of thoughts. - the more we think about sexual stuff or even how alleviating it'll feel to masturbate... the more we're inclined to turn there and eventually making a much tougher battle to fight

2. Remember in the beginning it'll be hard. Extremely hard, but remember it'll get easier.. your constantly retraining your brain to not turn to this stuff for this relaxation.

3. After all, doesn't masturbating make you feel so relaxed? Less irritable? Just calmer? And less triggered? For me - Yes! Therefore our minds are so inclined to fall and get that cuz we love it, therefore it's important to remember your spiritual feelings about it? Your ultimate goal! And why your honestly trying to stop..

4. Often strong intensity comes from sexual thoughts. Which leads to the need to alleviate it through masturbation... therefore reminding yourself of the proper mindset that thinking about sexual stuff is running on ice and destined to fall and go down a slide.. and what you really want is intimacy.. and that's what will last! that can help a lot on not overthinking about sexual stuff cuz you remind yourself you'll just end up on a slide downhill.

5. reminding yourself that you can get the same relief for these triggers through any kosher dopamine relief like exercise... helps that you not feel too deprived and you realize you don't want masturbation you want a simple relief and it can be received from kosher stuff.

6. Reminding yourself that longer you hold out from masturbation and sexual triggers the more stronger of a Person you're becoming.

7.by holding out of masturbation and sexual stuff you start dealing with your issues face to face and your no longer keep surrounding your issues with 100s of bandaids..

much hatzlacha buddy!

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Re: Destination - 90 days, A human beings journey.  
Posted by DavidT - 13 Jan 2022 21:45

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The combination of clarity and motivation decreases the amount of willpower necessary to overcome bad habits. Once you have acted properly for enough time, new habits will form and override your old ones.

It takes great effort to decide to change, and even more effort to stick to that resolution for even a short time. As we know, effort is all that matters, and every instant of effort is priceless. The battle against desire is a challenging, lifelong battle, and it was not created to be easy. It is supposed to be a struggle, and the odds are strong that some battles will be lost. But by keeping his determination to fight despite the difficulty, a person can achieve the ultimate success: emerging victorious from the most intense battle ever. A person should feel proud and encouraged about every ounce of effort he has exerted. As a result, he will emerge stronger from his errors rather than losing his will to fight!

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Re: Destination - 90 days, A human beings journey.  
Posted by Human being - 14 Jan 2022 11:33

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Its day 12 my lovely brothers!! .....13.....14.....!!!!15!!!.....90....180....365...1000!

I do have to reflect on the past also though. Its not just about the future. I have to be proud that for the past 12 days I've been pure. clean. light. -closer to hashem.

Today I feel very trapped in emptiness. Im ready for the emptiness to settle in tonight and tommarow even more intensely because thats how i feel on friday nights/shabbos. Its a feeling of loneliness and lovelessness. of emptiness abandonment and isolation.

In the past it has led to phone sex and/or masturbation.

Unfortunately for masturbation i will not be interested in him over the weekend. I hope he leaves his jewish friends alone and instead finds a quiet corner to take a few day vacation. If he needs to talk to someone i hope he finds a non jewish friend somewhere out there to shmooze with instead of a jewish one. But im sure he will. He is a master manipulator with friends who chase him futilely the world over.

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Re: Destination - 90 days, A human beings journey.  
Posted by Hashem Help Me - 14 Jan 2022 12:10

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Looking forward iyh to your post on Sunday that you had a beautiful geshmak productive and clean Shabbos!

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Re: Destination - 90 days, A human beings journey.  
Posted by Human being - 14 Jan 2022 12:18

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Thank you! Early sunday morning i will be at day 14.

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Re: Destination - 90 days, A human beings journey.  
Posted by committed\_togrowth - 14 Jan 2022 17:48

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Re: Destination - 90 days, A human beings journey.

Posted by Human being - 15 Jan 2022 18:35

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And day 13 it is! Tomorrow gets me to level 4! I cant wait I'm very excited!! This is a huge accomplishment for me! 2 weeks ago I didn't imagine being here! I gatta thank all you guys big time!

?Any ideas for a celebration?

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Re: Destination - 90 days, A human beings journey.

Posted by joetyh - 15 Jan 2022 21:52

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go get yourself some sushi/whatever kind of food u like!!! but the most important is to look in the mirror and compliment yourself and congratulate your accomplishments!!!!!!

STAY STRONG

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Re: Destination - 90 days, A human beings journey.

Posted by Shtarkandemotional - 15 Jan 2022 22:58

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[Human being wrote on 15 Jan 2022 18:35:](#)

And day 13 it is! Tomorrow gets me to level 4! I cant wait I'm very excited!! This is a huge accomplishment for me! 2 weeks ago I didn't imagine being here! I gatta thank all you guys big time!

?Any ideas for a celebration?

You got this buddy! Each time you post it puts a smile on my face! I love seeing your motivation! Keep it going!

Some food for thought.. think to yourself "how can I keep this motivation and clarity going all 90 days+..?! What can I do to keep it up?"

Wishing you a wonderful kosher week ahead! And remember, you don't want or need to masturbate because of XYZ... rather you want sometimes to give yourself good relaxing chemicals so get it from a kosher outlet!

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Re: Destination - 90 days, A human beings journey.  
Posted by Shtarkandemotional - 15 Jan 2022 23:00

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[joetyh wrote on 15 Jan 2022 21:52:](#)

go get yourself some sushi

Lol that's always me! Getting the most expensive rolls special cuz I overcame these battles!  
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Re: Destination - 90 days, A human beings journey.  
Posted by jackthejew - 16 Jan 2022 08:33

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[Shtarkandemotional wrote on 15 Jan 2022 23:00:](#)

[joetyh wrote on 15 Jan 2022 21:52:](#)

go get yourself some sushi

Lol that's always me! Getting the most expensive rolls special cuz I overcame these battles!  
!!

Trust me it's worth it

**Warning: Spoiler!**

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Re: Destination - 90 days, A human beings journey.

Posted by Human being - 16 Jan 2022 10:11

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L'Chaim! Its day 14! Sushi is actually a great idea. I can eat 10 rolls of sushi.

The challenge is getting harder and harder. My next goal is just (YES JUST) 16 days away. 30 days fellows and I go on a special trip.

I do still have day 15 and day 16 and day 17 and 18 and 19 and 20

&21&22&23&24&25&26&27&28&29&30.....90.....1000

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Re: Destination - 90 days, A human beings journey.

Posted by Human being - 16 Jan 2022 10:12

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I'm a little nervous because here's when it gets less exciting and harder. I'm nervous. But i have to have the day 1 attitude of odaat.

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