

Destination - 90 days, A human beings journey.

Posted by Human being - 05 Jan 2022 18:52

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 - 23 Nov 2022 18:40

Day 89.

wow, I'm getting emotional writing this. I've come such a long way and i have such a long way to go. Emes and Yashrus is a one lane highway with little to no traffic. I'm proud to be traveling along this highway with so many tzaddickin and special people. I feel like i want to cry from the amount of work it takes to reach this milestone. The ups, downs, falls, scratches, stitches, bandages, hugs, tears, frustrations, hope, wrong turns, U-turns. Red lights green lights and stop signs. Tsunami's, thunderstorms and floods of emotions. Thank you everyone for helping me reach this milestone.

Also thanks for all the love I've been getting. I love you guys too. Genuinely. Here's a real long and warm hug for all the friends and Bnia Aliyah growing, owning up and doing so many things that makes Hashem want to just be close with his kinderlach and love them forever and ever and ever. I love you Hashem. Thank you for being with me for so many years and holding my hand through thick and thin. Being there when i just wanted out. When i just cant take the pain any more and i have no interest in life anymore. Thank you for being here in my milestones and triumphs. In my celebrations and moments i need you most. Love you- (And you know my real name. and know that I love you and you love me to.) Aba i love you. Please help all the wonderful people here tap into the deep love they have for you, too.

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Re: Destination - 90 days, A human beings journey.
Posted by Teshuvahguy - 23 Nov 2022 18:48

[Human being wrote on 23 Nov 2022 18:40:](#)

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you know my real name. and know that I love you and you love me to.) Aba i love you. Please help all the wonderful people here tap into the deep love they have for you, too.

Congratulations my beautiful friend on this milestone! I'm so proud of you, HB! (But I knew you could do it.) You are so amazing and self-aware. Keep on going!! I'm so smiling right now for you. Hugs back at you.

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Re: Destination - 90 days, A human beings journey.
Posted by ILAHC FM - 23 Nov 2022 19:36

[Human being wrote on 23 Nov 2022 18:26:](#)

[ILAHC FM wrote on 23 Nov 2022 09:10:](#)

I really relate to this. No filter will work for someone who **needs** sexual content. I would not recommend you getting your own device. From personal experience, when in an emotional flashback I will do anything I can to break through a filter

@Human being, you're amazing that you have the strength not to have your own device. I think you're not a human being, you're an Angel.

Thank you so much brother. Yes indeed it is hard. I'm sure you know what it means to *need* porn. And btw for everyone out here, even not having my own devices hasn't always helped. I've had times where ive run to Walmart 10 minutes before they close and spent 100\$ for a phone a phone plan and an activation fee for 20 min of porn. Whenever I'm in such an extreme flashback, sometimes i feel like i literary don't have bechira the danger is so extreme. Baruch Hashem I've gotten more control even in my most extreme emotional flashbacks.

On an interesting note, i don't know what I'm going to do once the summer hits. im summer I have times when I feel such danger that Im literally on auto pilot and its as if someone is controlling my body and driving however long it takes to get to the closest accessible porn, no matter the cost no matter the time lost.

I was gonna write in my previous post that in an emotional flashback if the person can't break

through the filter, they'll just buy a new unfiltered device. But I didn't want to give you any ideas....

In an emotional flashback, brain is at 10%, logic and common sense don't talk, the same way they won't talk to a 3yr old who can't find his mother....

The only reason in the past during an emotional flashback that I didnt buy a new device if I couldn't get through the filter was, i was too scared to even go shopping (anxiety is at 500%), or I was dead scared of going into debt because I knew I would chuck out the phone as soon as the flashback was over and then constantly having to buy new devices and chuck them out would put me into debt. Looking back, I'm shocked that these reasons were enough to stop me...

@Human being, you're amazing that you didn't watch porn even during an emotional flashback, it's a level I'm unable to reach yet. Hopefully I'll reach it one day (still trying), and you managing to reach that level, inspires me to try...

You're almost at day 90. WOW!

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 23 Nov 2022 19:50

One day you will reach it too. Im 100% sure. Lets be real though. It is scary!!

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Re: Destination - 90 days, A human beings journey.
Posted by Geshmak! - 24 Nov 2022 01:02

I wish I can send you a picture of my HUGE smile on my face!!! Love this post and the person that posted it ...

Tomorrows the BIG day bhy! Can't wait to seee the word you gonna use to announce the big announcement.

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 24 Nov 2022 20:00

90 days. Thank you Hashem. Its been hard. But life transforming. The amount I've been able to grow, heal and connect because I've reached such a milestone is awesome. Thank you everyone for helping me get here! On to 91 because 90 is just 1 more day then 89 and one less then 91. Hit that thank you button to send a Mazel Tov!

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Re: Destination - 90 days, A human beings journey.
Posted by future paltiel - 25 Nov 2022 00:55

YES!!! Now that's what I'm talkin about!!

90 days for Roah Chodesh Kislev way to go!!

Whatever it is you are doing dont stop!

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Re: Destination - 90 days, A human beings journey.
Posted by Geshmak! - 25 Nov 2022 06:43

[Human being wrote on 24 Nov 2022 20:00:](#)

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wow! ??? ??? !! ??????!!

I first just followed your instructions and hit the thank you button to say m.t. But then I was like I'm to excited for you and not gonna be yitzah with a hit I want to wish you a full mt!! H' should bantch you with many more clean days weeks months dmd years and you should always be happy and make others happy! And you should find your basherter bikuriv!

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Re: Destination - 90 days, A human beings journey.
Posted by ILAHC FM - 25 Nov 2022 09:06

[Human being wrote on 24 Nov 2022 20:00:](#)

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WOW. THAT'S AMAZING. You're an inspiration to all of us. Keep growing, keep connecting.

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Re: Destination - 90 days, A human beings journey.
Posted by Hashem Help Me - 27 Nov 2022 12:09

Keep it up tzaddik. Keep showing the world what a **human being** can really be.

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Re: Destination - 90 days, A human beings journey.
Posted by Geshmak! - 27 Nov 2022 14:36

[Geshmak! wrote on 25 Nov 2022 06:43:](#)

[Human being wrote on 24 Nov 2022 20:00:](#)

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 28 Nov 2022 16:25

Ok day 94 :-)

Also day 1 of not buying non Jewish newspapers. I don't have any access right now so my brain found a different "outlet" to get its sex.

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

Posted by Human being - 28 Nov 2022 21:09

Im having such a hard time today with sexulaized browsing. I'm dissociative right now because my feelings Got too hard to function with. Not feeling my feelings makes it impossible for me to connect to the emotions causing me to turn to porn, which makes me feel like I'm fighting an unwinnable battle in the dark. Im doiscoonected from my feelings and therefore dont know what to do. Im so disconnected now. It makes it impossible to turn to something else instead of porn.

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