

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 - 11 Dec 2022 07:25

107. Thank you Hashem. I was ruminating about how my siblings are nice in appearance this Shabbos. I then had a profound thought. Look how beautiful lives we can have when the only people who we care about "rating" are our family. I was thinking to myself, imagine I walked outside evaluating how everyone passing by looked, spoke, made me feel. How are they dressed? does there face have nice features? Tall short, I was thinking. Wow thank you Hashem that I'm living a life as someone who has so so so much more time then the world around me because I don't spend half my day on my sexual desires. TYH

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

Posted by Human being - 12 Dec 2022 05:37

108. my worst day since I started my count. I have to pick myself up. i spent the last hour sexualized browsing. Im making a new count for myself of sexualized browsing /content.

Ok today is day 0. I will beezras hasem get to 90

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 12 Dec 2022 20:31

108.

No sexual browsing or content. (Newspapers etc..) Day 1

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 13 Dec 2022 06:32

109 I have such a tiava to do sexualized browsing. But I will absolutely not. I cant. I will not tonight.

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 13 Dec 2022 09:19

Damn. i gave in to my desire to sexually browse. Of course didn't get me anywhere. This is the second time in 2 days doing this. I cant use my computer past night Seder anymore. done. period. over. Even if i cant get myself to sleep. Even if I'm bored as hell. i just cant. that's step 1. ok, beezras Hashem next Monday night will be day 7 of not lusting. (even if its not porn or masturbating. I'm going to buy myself a prize when i reach day 3.

What i mean by sexually browse is, there are 2 reasons i look for "content" 1) I'm turned on, or want to get turned on to distract myself from some sort of pain/feeling. 2) boredom. When i sexually browse because I'm bored, i don't even look at the content I'm browsing through for more then a second. I just follow link after link of things which are interesting sexually, to give

me a little relief from feeling shbshsbshsbshb from doing nothing. In that case, it usually turns into lust, but bh it hasn't yet the past few days, because I'm not addicted as i was before. But i must be honest with myself. Eventually it will turn to lust. I have to stop being in a position that i feel better browsing through crap at a computer, then doing a normal schedule of the day. I will be taking a 3 day brake from computers and internet. I got to get back on track. No computer till Friday. Sorry Hashem/tatty/aba. Thursday night I fress sushi for my prize. Moving forward.

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Re: Destination - 90 days, A human beings journey.
Posted by Broken soul - 14 Dec 2022 21:38

Hatzlacha! You got this buddy!

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Re: Destination - 90 days, A human beings journey.
Posted by Emes-a-Yid - 15 Dec 2022 04:58

[Human being wrote on 13 Dec 2022 09:19:](#)

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I feel you buddy, great commitment, I want to do the same but afraid, it's a bit hard, I will try and figure out something else, and also get the deserving prize of a delicious fresh sushi, thanks!

I bh am doing great, just I know when those times has happened it sucks, like 100% you are not you at that time, and have to break into yourself and tap in the moment to try and ch"s VH"LM in the action of searching and looking.... why do we go there- we can try to think logical and just work around it like your limitaion, I truly hear you, hatzlacha.

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 15 Dec 2022 11:11

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

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.

Summer came a bit early here on the east coast. Continuing my climb bh.

I am dissociative. I previously thought i had 2 different states. "in the summer" and "in the winter" (because of certain circumstances i would feel like a totally different person.in summer and winter) my winter me learned how to avoid porn. My summer me did not. Turns out that it has nothing to do with the summer itself, but rather a certain set of circumstances the summer has. Yet if these circumstances were there in the winter then i can still feel the way i usualy do in the summer. way. Anyways. I am now feeling like im in the summer. And i have no handle on porn.

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 16 Dec 2022 21:00

Day 140

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Re: Destination - 90 days, A human beings journey.
Posted by Zedj - 18 Dec 2022 01:49

[Human being wrote on 16 Dec 2022 21:00:](#)

Day 140

Hi HB,

Sorry to hear.

I hope you have the strength to move on from the fall.

Wishing you well.

Afreilechen Chanukah

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Re: Destination - 90 days, A human beings journey.
Posted by Geshmak! - 18 Dec 2022 02:25

[Human being wrote on 16 Dec 2022 21:00:](#)

Day 140

A gut vuch!!

What's up with 110???? I feel there too...

dear hb please get up and teach us all how a human being is spouse to get up after a fall!!

Love ya!!!

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 18 Dec 2022 03:51

[Zedj wrote on 18 Dec 2022 01:49:](#)

[Human being wrote on 16 Dec 2022 21:00:](#)

Day 140

Hi HB,

Sorry to hear.

I hope you have the strength to move on from the fall.

Wishing you well.

Afreilechen Chanukah

1) - I threw out the smartphone I bought for a day, which cost a total of \$70. Bh I throw out my \$70 purchase every time I buy a smartphone because I don't buy it out of "moreh heter" but rather out of pure fear. And I'm happy that no matter how much it costs, I'm willing to throw it out when I'm "over-porned/over-masturbated. That was some experience. I vaped 'delta 10' which is supposed to be less strong then 'delta 8' (I've vaped delta 8 before and it had a very low affect mentally) so i decided to try 'delta 10' which is supposed to be less strong. Anyways, it turns out that it is way stronger for me, it totally messed with my brain. i had no control over my body. I was totally disconnected from my body and disassociated. (depersonalized)

Anyways I ended up buying a smartphone in that situation from the fear of the situation. I masturbated 5 times in a few hours, and watched porn like 5 times too.

2) -I've come to accept the part of me that wants to watch porn (and sometimes falls too) And I'm not upset at all. I actually feel bad for that part of me that feels so unsafe, he's willing to watch something he understands is a fraud, scam and empty, just to feel safe for 6 minutes. I'm ready as always to continue!

3) -On an interesting note, since I was disassociated and not really in control and not really in control of my decisions due to being disconnected from my body and in total fear, I don't feel like i watched porn or masturbated. For all i care/know I'm on day 111. I guess that's a benefit of being dissociative

.4) On the day-443!!!

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 21 Dec 2022 03:55

446. Thank you Hashem. Ever since ive been -de-addicted- life has been so much more pleasant, and so much more authentic.

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 22 Dec 2022 06:14

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