

Here we go!

Posted by bisyata dishmaya - 14 Mar 2022 02:16

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Baruch Hashem I have finished 1 week clean!

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Re: Here we go!

Posted by committed\_togrowth - 09 May 2022 00:26

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To clarify, you're asking about night emissions right? Yes, they are normal. They're not the most fun way to wake up (speaking from experience this happened to me for the past two nights), but it is a subconscious process. If you aren't actively fantasizing and lusting during the day and this is happening regardless, then don't pay it any mind these things come and go (with less and less frequency). I think it's helpful to make peace with our past with this types of things. We've seen what we've seen, the images are in our mind and will pop up here and there. But it's okay! You're moving forwards, two months clean is huge. Don't let this stuff get you down, it's a relic of the past.

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Re: Here we go!

Posted by bisyata dishmaya - 09 May 2022 03:31

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Clarification: I meant during the day I keep feeling like maybe I'm having an emission. What do I do about it and sometimes later on that day my undergarments have a tiny stain. What do I do? Is this normal?

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Re: Here we go!

Posted by committed\_togrowth - 09 May 2022 03:40

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. But this is definitely a question for a  
physician

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Re: Here we go!  
Posted by Horizon - 09 May 2022 04:38

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Kudos to you!

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Re: Here we go!  
Posted by excellence - 09 May 2022 12:43

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[bisyata dishmaya wrote on 09 May 2022 03:31:](#)

Clarification: I meant during the day I keep feeling like maybe I'm having an emission. What do I do about it and sometimes later on that day my undergarments have a tiny stain. What do I do? Is this normal?

For a number of years after I matured, what you described above, also occurred to me. It was all part of growing up!! specifically after pushing hard in the bathroom, later on I would have an emission. I am unable to give medical advice but if you want to hear more try @Yoina mutzhoo as he seems to be very well versed in the medical field.

Hatzlocho

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Re: Here we go!  
Posted by bisyata dishmaya - 09 May 2022 19:13

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How do I contact this @Yoina mutzhoo?

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Re: Here we go!

Posted by excellence - 09 May 2022 22:26

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[bisyata dishmaya wrote on 09 May 2022 19:13:](#)

How do I contact this @Yoina mutzhoo?

On the chat/forum. Or here: [guardyoureyes.com/forum/profile/my-profile/userid-27799](http://guardyoureyes.com/forum/profile/my-profile/userid-27799)

You can then click on message, to message him.

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Re: Here we go!

Posted by bisyata dishmaya - 13 May 2022 04:50

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BH Reached 67 clean days.

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Re: Here we go!

Posted by bisyata dishmaya - 13 May 2022 12:57

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Anyone read the new Sefer about Rabbi Twersky and Internet addiction "His Final Mission" Is it good?

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Re: Here we go!

Posted by DavidT - 13 May 2022 13:32

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[bisyata dishmaya wrote on 13 May 2022 12:57:](#)

Anyone read the new Sefer about Rabbi Twersky and Internet addiction "His Final Mission" Is it good?

Yes, I read it.

It's an amazing combination of Rabbi Twerski's life mission together with a lot of insight into addiction and healing.

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Re: Here we go!  
Posted by bisyata dishmaya - 15 May 2022 03:47

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Does anyone have any clue how Klal Yisrael stayed clean in the worst country for 210 years and there was only one "Zona" and even she the worst she did was stam shmuzing with men?

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Re: Here we go!  
Posted by excellence - 15 May 2022 17:18

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I can't say how they did it, but I can say ????? ????? ????? ?????? They lay down the path for you and me to have that same power too. It is ingrained in the very essence of every Jew. This is what matters to me.

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Re: Here we go!  
Posted by bisyata dishmaya - 16 May 2022 22:52

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BH reached day 70 clean

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Re: Here we go!

Posted by bisyata dishmaya - 20 May 2022 21:18

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Just reporting that I've been clean since last update

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