

Going up

Posted by yesoidshebiyisoid - 11 Oct 2023 22:58

Hi!

It's been a rough bein hazmanim (falling almost every day) and I decided to start 90 days for the second time. Last time I did just above 15, but I hope that with your support I will make it to day 90.

On this forum I will be writing about my struggle with P&M and the physical exercise I do which I find to be the most helpful strategy

Now I'm on day one; I'll let you know how tomorrow goes!

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Re: Going up

Posted by yesoidshebiyisoid - 13 Dec 2024 03:07

Hey there again. Today is day 92 not watching porn!

For masterbating it is day 8. Thank G-d I do see alot of improvement. The number one ai for me getting throu this is consistantly being in touch with other GYE chevre.

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Re: Going up

Posted by yesoidshebiyisoid - 19 Dec 2024 05:18

This past weekend has been quite rough. I watched porn and now I am at day 2. Although it is extremely upsetting, I can see that thank G-d I have made tremendous progress the last year, months and weeks.

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Re: Going up

Posted by jollylemur95 - 19 Dec 2024 16:11

I absolutely love your positivity!!

To have a set back and still see all the progress that was made. Not to feel like you are back to step 1 again is truly uplifting!

I should learn from you!!

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