

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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Re: Going up

Posted by yesoidshebiyisoid - 22 Apr 2025 04:18

Back to posting. This was my first clean pesach in 7 years! With the help of hashem this will continue.

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Re: Going up

Posted by yesoidshebiyisoid - 23 Apr 2025 00:25

Day 10.

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Re: Going up

Posted by yesoidshebiyisoid - 24 Apr 2025 02:21

Day 11. Now that I am home, I find it to be much easier. The yeshiva I was in this year was not a good environment for me.

Last night was quite difficult after a tough conversation I had, but I decided to put it off for a few minutes and see what happens. Then I fell asleep in the meantime.

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Re: Going up

Posted by yesoidshebiyisoid - 27 Apr 2025 23:16

Day ???! Baruch Hashem I am now in a much better place. The struggles don't get much smaller, but beating them gets easier with lots of practice.

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Re: Going up
Posted by yesoidshebiyisoid - 28 Apr 2025 23:01

Day 18.

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Re: Going up
Posted by yesoidshebiyisoid - 30 Apr 2025 02:01

Day 19.

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Re: Going up
Posted by trying23 - 30 Apr 2025 03:10

Keep it up

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Re: Going up
Posted by yesoidshebiyisoid - 30 Apr 2025 04:40

I just masturbated. It was a a difficult day in this area, probably because today I tried to quit vaping which I started over a month ago. Ended up buying a vape in the hood nearby anyway. Anyway, I think that is what made me more vulnerable and is why earlier today went on a site for design ideas, which in the past I have used to arouse myself and though I did not look at anything assur, it was a bot triggering. Then just before I was checking my Email on an account

I do not often use, and found emails from the aforementioned site with provocative pictures. Then after poking around those emails for some time, I masturbated (only once, as opposed to 3 or 4 times). First thing I did was unsubscribe to and delete all those emails, second thing is posting on the forum.

Baruch Hashem I already feel much better and I will "???? ?? ??? ??? ????????" .

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