

14 days!!

Posted by funbuchur - 02 Nov 2023 04:39

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Just finished 14 days. Not stopping here but proud of myself. Dunno where to post cuz this forum is to complicating for me but posting here.

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Re: 14 days!!

Posted by Hashem Help Me - 09 Nov 2023 21:49

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Just saw this thread. Keep it up tzaddik. You have a lot to be proud of.

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Re: 14 days!!

Posted by 1day613 - 12 Nov 2023 18:16

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How do I get the Battle of the Generation?

ps I'm at day 16( not counting though) and this is usually a hard period so I would like to read BOTG for some chizzuk.

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Re: 14 days!!

Posted by Vehkam - 12 Nov 2023 20:11

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[1day613 wrote on 12 Nov 2023 18:16:](#)

How do I get the Battle of the Generation?

ps I'm at day 16( not counting though) and this is usually a hard period so I would like to read BOTG for some chizzuk.

Message me and I'll get you a copy. Also available as a download

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Re: 14 days!!

Posted by funbuchur - 13 Nov 2023 04:05

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Thank you guys!! I'm at 25 days If you asked me 1 month ago if I would imagine being able to do this o would never had said ye. I still do have urges and setbacks but I didn't have a "fall". Each day is a new stepping stone to distance myself from the past. Thanks for the encouragement. I hope to keep on having positive updates. (I don't want people to think it's all easy sailing I did have A lot of close calls and felt like I was going to fall but each time I got out a different way. I need to be preemptive.)

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Re: 14 days!!

Posted by yesoidshebiyisoid - 13 Nov 2023 04:34

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[funbuchur wrote on 13 Nov 2023 04:05:](#)

Thank you guys!! I'm at 25 days If you asked me 1 month ago if I would imagine being able to do this o would never had said ye. I still do have urges and setbacks but I didn't have a "fall". Each day is a new stepping stone to distance myself from the past. Thanks for the encouragement. I hope to keep on having positive updates. (I don't want people to think it's all easy sailing I did have A lot of close calls and felt like I was going to fall but each time I got out a different way. I need to be preemptive.)

Keep it up! I'm impressed. You inspire me to continue on with the battle.

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Re: 14 days!!

Posted by hopefulposek - 13 Nov 2023 14:12

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Wow, I just saw this thread and it is amazing how you are pushing past those struggles and

looking for the help to get through it. Awesome! The 2-3 week period can be super hard (and for me it was very depressing) but once you push past it things get a lot easier. I'm not saying it will be smooth sailing, but it won't be the same as the first month.

Hatzlachah, please keep us posted on your journey (day to day if your able to). We're rooting for you!

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Re: 14 days!!

Posted by funbuchur - 15 Nov 2023 17:54

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Day 28 it's unreal did 4 weeks. I have noticed myself not being as vigilant and careful in what I see and this is not good I cannot let my guard down. My yetzer hara is telling me "you did so good you deserve a look" but I need to remember why I'm here to finish this and not be trapped and under his control I'm my own boss. I will continue this journey and hopefully it only gets easier. I'm still wondering if I'll ever be able to live without a filter. Like even now I know if I was in a room with something without a filter there is no chance that I would be able to hold myself back, and it worries me for when I get older and might need a device less filtered than my phone now if I'll be able to be strong

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Re: 14 days!!

Posted by Vehkam - 15 Nov 2023 18:34

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[funbuchur wrote on 15 Nov 2023 17:54:](#)

Day 28 it's unreal did 4 weeks. I have noticed myself not being as vigilant and careful in what I see and this is not good I cannot let my guard down. My yetzer hara is telling me "you did so good you deserve a look" but I need to remember why I'm here to finish this and not be trapped and under his control I'm my own boss. I will continue this journey and hopefully it only gets easier. I'm still wondering if I'll ever be able to live without a filter. Like even now I know if I was in a room with something without a filter there is no chance that I would be able to hold myself back, and it worries me for when I get older and might need a device less filtered than my phone now if I'll be able to be strong

once your perspective changes it is possible to hold yourself back. It is smart to stay vigilant and protect yourself in multiple ways, but it is not necessary to believe that you will succumb to every temptation.

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Re: 14 days!!

Posted by funbuchur - 19 Nov 2023 05:28

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I fell last Thursday. Couldn't get myself to post but here I am. Friday ??Shabbos??

continuing like before. Hopefully can learn from my mistakes last time. The worst part is that right after I was kicking myself because I know I coulda stopped myself. Still am kicking myself.

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Re: 14 days!!

Posted by foolie - 19 Nov 2023 05:56

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Stop kicking you might blow out your knee

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Re: 14 days!!

Posted by ainshumyeiush - 19 Nov 2023 15:15

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I also had a fall. Still working up the courage to post it on my thread. The thought of "i could've stopped myself" is pointless after a fall. It will only make you vulnerable to falling. Don't worry about it. Just keep on doing your plan right now.

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Re: 14 days!!

Posted by funbuchur - 20 Nov 2023 18:15

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Three days clean after my fall but I'm looking at it as 34 days into my journey and a lot cleaner than before. It like cleaning out a cholent pot and as ur scraping out the clicks of garbage, some of the shmutz falls back in but in general the shmutz is beating cleaned. Now I have to continue minimizing triggers and adding in positive stuff to create good habits. Anyone else feel

discouraged when they see people falling after such long streaks.

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Re: 14 days!!

Posted by Hashem Help Me - 22 Nov 2023 15:57

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[funbuchur wrote on 20 Nov 2023 18:15:](#)

Three days clean after my fall but I'm looking at it as 34 days into my journey and a lot cleaner than before.

Guys with this healthy attitude are the guys who break free.

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Re: 14 days!!

Posted by funbuchur - 29 Nov 2023 05:16

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12 day streak going. 42 days since I started (not my first time starting but this time started with more of a plan) I'm feeling stronger and more confident.

I have been slacking off in my 30 min a day of reading or watching videos in gye which I need to get back to.

I actually feel like my habits are changing I think back to merely a few weeks ago when I felt like I NEEDED to do the deed.

Now I haven't brought my phone into the bathroom for almost a full week (I definitely have many times that I was standing before going in literally having debates in my mind if I should bring it in or not) and I recognize that I don't need this shmutz and I never did and never will.

I need to update this thread more often.

thank guys

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