

End game journey 90 days

Posted by rocky21 - 04 Sep 2024 16:18

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Ok so yesterday I won bh and right after a terrible fail and so usually there is no way you fail after you fail like crazy(at least for me) but my internet filter was taken off that day so I wanted so watch so badly but somehow I won bh and I was so happy today will be the 2nd clean day bh and I'm felling pretty horny rn so hoping I will be able to hold back

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Re: End game journey 90 days

Posted by stopsurvivingstartliving - 04 Sep 2024 16:55

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Good luck my friend on the journey and hatzlacha getting through the day!

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Re: End game journey 90 days

Posted by rocky21 - 05 Sep 2024 09:08

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Updating the thank God last night I didn't fall, still tricky cause I have the unfelteard phone but I'm the toughest times the true worried come out.

Hopefully today a nother win for 3 clean days

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Re: End game journey 90 days

Posted by rocky21 - 06 Sep 2024 10:28

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Yesterday was my 3rd clean day bh

Again yesterday I wanted to watch but thank g-d I'm able to shut it down I'm just scared of that really powerful urge that usually come like at the 3or 4th week and like I need to power my self up but then again one day at a time so win just today doesn't matter what happens tomorrow

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Re: End game journey 90 days  
Posted by rocky21 - 07 Sep 2024 17:29

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Yesterday Friday bh I didn't really gave any urges and I won and over the course of shabbbos today I started just saying in my head and sometimes out loud "I'm free from pornography and masterbation" and "I can and will beat/control any urge that comes my way"

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Re: End game journey 90 days  
Posted by rocky21 - 08 Sep 2024 08:46

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Shabbbos bh are easy and was busy on motzay shabbbos so bh easy W

For win number 5

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Re: End game journey 90 days  
Posted by mosh1achnow - 09 Sep 2024 03:21

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Amazing! Keep it up

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Re: End game journey 90 days  
Posted by rocky21 - 09 Sep 2024 07:04

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1. Sunday was my 6th day clean thank g-d I had a busy day at the army and came home late and then I worked out and watched football so didn't give myself free time really but at the same time bh I just didn't have urges.
2. I would be happy to know if it's something I did yesterday that because of that I didn't have urges or it's just something that comes and goes and not really up to me or is it a bit of both?

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Re: End game journey 90 days

Posted by Hashem Help Me - 09 Sep 2024 11:32

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Keeping busy, feeling productive, and exercise release endorphines in the brain. This greatly minimizes the imagined need to act out. In addition, you are correct. Urges come and go.

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Re: End game journey 90 days

Posted by rocky21 - 10 Sep 2024 07:56

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Yesterday was day 7 clean(week 1 ?)

SO I did have urges yesterday it came mainly because of thinking of one of the girls I work with in the army obviously knowing I would never do anything with her so I was thinking about watching something of someone who might look like her but then I told myself to remember that she isn't a sack of flesh and I imagined her with her mother and how she also has bad days and just really making sure ik she is a human just like my sister, and besides that I was able to keep busy by working out talking to friends and do some work but not to much so I don't get overwhelmed and then just watch to "relax"

And also did mindfulness Wich is always a game changer.

On top of all this I had a dream where I had a urge and I felt like I have to but absolutely have to act out like there isn't another choice, once I woke up I was relieved it was a dream but also scared cause il a urge like that is inevitable so if anyone has tips to get ready for it all be more then happy to hear

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Re: End game journey 90 days

Posted by rocky21 - 10 Sep 2024 14:44

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It's 1745 and felling a strong urge ik exactly how it happenen

im watching videos know about what addiction does to you and I KNOW I will absolutely destroy the YETZER today for a nother W

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Re: End game journey 90 days  
Posted by rocky21 - 11 Sep 2024 08:35

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Bh day 8 completed successfully,

What I learned yesterday after talking to a fellow Gye member is that I mentally allow myself to give up when it gets to like 20-30 days cause I'm like ok the urge is always strong now so I can fail so I have to noticed about what I tell myself that no matter how strong it is I don't have the right to fail juts like I won't let my self fall the next day after a fall

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Re: End game journey 90 days  
Posted by upanddown - 11 Sep 2024 10:05

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Great job my friend!

Urges pass usually after 15-20min.

I tell myself its like lying on the chair by the dentist and he's busy drilling in your teeth and it hits raw nerves, sometimes extremely painful, but i can cope with it because I know it's over within 15mins....

Much Hatzlacha!

You're amazing!!

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Re: End game journey 90 days  
Posted by Hashem Help Me - 11 Sep 2024 11:11

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Rocky, you are an inspiration. When it gets tough, reach out to one of the guys here (as you have already done). It is a game changer.

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Re: End game journey 90 days  
Posted by rocky21 - 11 Sep 2024 16:13

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Thank you guys very much for the support save kind words

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