

End game journey 90 days
Posted by rocky21 - 04 Sep 2024 16:18

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

=====
=====

Re: End game journey 90 days
Posted by rocky21 - 24 Sep 2024 17:14

I don't think "the men" is wright to say cause not all men have this problem

=====
=====

Re: End game journey 90 days
Posted by rocky21 - 24 Sep 2024 17:17

21 days clean

Last night when I had a wild urge I said let's "test" this see if this is really a ?? ???? and so I asked for Hatzlacha making money and two hours later one of the shares I had sky reacted and I made a very nice amount so that was really cool

Besides that I'm not feeling so great and really want to give in but I don't have the strength to deal with my depressed self so trying to fined ways how not to be depressed afterwords lol

=====
=====

Re: End game journey 90 days
Posted by yitzchokm - 24 Sep 2024 17:46

You can read here what I did for clinical depression:

<https://guardyoureyes.com/forum/19-Introduce-Yourself/399000-My-long-journey?limit=15&start=45#422020>

=====
=====

Re: End game journey 90 days
Posted by rocky21 - 25 Sep 2024 08:21

Over 3 weeks clean

Yesterday hosntly it was a nays I didn't fail I had every intent to but hashem literally just didn't let it happen bh

And I won somehow

=====
=====

Re: End game journey 90 days
Posted by rocky21 - 26 Sep 2024 09:17

23 days clean bh

Yesterday again I was sure I was going to watch but told myself to at least read this folder I have on my notes all where I write reasons why not to watch that I have written usually after I fall and there is a lot like a lot of stuff there that I have wrote from the past 6 months and I read everything and I was like there is no reason to watch really when you see the pain it has caused you in the past and how I'm begging my future self to please not to watch I really feel like I will make it to 30 days and much more this time with help from the 4 day chag and ???? ??? ????? of course bh

=====
=====

Re: End game journey 90 days
Posted by odyossefchai - 26 Sep 2024 09:36

Wow. You are strong.

=====
=====

Re: End game journey 90 days
Posted by upanddown - 26 Sep 2024 10:08

[rocky21 wrote on 26 Sep 2024 09:17:](#)

23 days clean bh

Yesterday again I was sure I was going to watch but told myself to at least read this folder I have on my notes all where I write **reasons why not to watch that I have written** usually after I fall and there is a lot like a lot of stuff there that I have wrote from the past 6 months and I read everything and I was like there is no reason to watch really when **you see the pain it has caused you in the past and how I'm begging my future self to please not to watch** I really feel like I will make it to 30 days and much more this time with help from the 4 day chag and ??? ? ? ? ? ? ? of course bh

Very inspiring. This is one of the most powerful tools I've ever heard of!

Thanks for sharing!

Stay strong

=====
====

Re: End game journey 90 days
Posted by rocky21 - 27 Sep 2024 09:07

24 days clean chevra!

Yesterday when I was done my shift at 21 I told myself let's get going quickly so I can have a lot of time to watch but then out of nowhere my friends called me who happened somehow to be close to the area I waw at and wanted to meet up and I was annoyed because I wanted to watch but hashem literally sent them to save me

Thank you Hashem

=====
====

Re: End game journey 90 days
Posted by richtig - 27 Sep 2024 21:47

[rocky21 wrote on 26 Sep 2024 09:17:](#)

23 days clean bh

Yesterday again I was sure I was going to watch but told myself to at least read this folder I have on my notes all where I write reasons why not to watch that I have written usually after I fall and there is a lot like a lot of stuff there that I have wrote from the past 6 months and I read everything and I was like there is no reason to watch really when you see the pain it has caused you in the past and how I'm begging my **future self** to please not to watch I really feel like I will make it to 30 days and much more this time with help from the 4 day chag and ????? ??? ????? of course bh

Future self! Yum! Gevaldig!

=====
=====

Re: End game journey 90 days
Posted by rocky21 - 28 Sep 2024 17:12

25 days clean boys!!!

Yesterday was easy bh no urges

On shabbos I did get a boost of courage when someone said I hope your still doing good with your challenge and I just stood there silent

Like even if I said ya I'm 25 days clean that wouldn't be a good thing lol cause I was doing much better

=====
=====

Re: End game journey 90 days
Posted by rocky21 - 29 Sep 2024 10:11

26 days clean and feeling great bh

=====
=====

Re: End game journey 90 days
Posted by rocky21 - 30 Sep 2024 04:04

27 days clean bh

Looking forward to making it 28 bh

=====
=====

Re: End game journey 90 days
Posted by Hashem Help Me - 30 Sep 2024 11:11

Gmatria "zach" - PURE!

=====
=====

Re: End game journey 90 days
Posted by rocky21 - 01 Oct 2024 04:59

28 days clean

The week before Rosh Hashanah I'm usually really in to slichos but this week I felt like my slichos was not watching and keeping my streak alive for the new year.

I feel bad for not being more scared and not doing more tshuva but I feel like I'm saying not watching and getting away from old behaviors is the best kind of tshuva but I still don't know if that's true