

Journey x Destination

Posted by thegrave - 20 Jan 2025 20:37

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Welcome! This page is where I'm going to be checking in to give myself some responsibility for the initial start of my 90 day journey and beyond. Feel free to comment and dish out advice "I'm all ears." looking forward to achieving 90 days with everyone!

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Re: Journey x Destination

Posted by odyossefchai - 21 Jan 2025 03:10

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My advice is to keep posting. And reaching out.

Have you tried talking to HHM? I believe he may know a thing or two about this topic and has some good things to say (wearing a motorcycle helmet will not protect you from getting the sledgehammer though, I can't help you with that. He dishes it out in swingfuls)

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Re: Journey x Destination

Posted by thegrave - 21 Jan 2025 04:58

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Hey thanks for the reply! Not sure if that's my style but I'll definitely give it a shot.

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Re: Journey x Destination

Posted by thegrave - 21 Jan 2025 04:59

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[odyossefchai wrote on 21 Jan 2025 03:10:](#)

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Re: Journey x Destination

Posted by thegrave - 21 Jan 2025 05:09

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just clocked in Day 8! so far its been a crazy day, i don't know if anyone else experiences this but if I have a nocturnal emission I'm usually signing up for hell for the rest of the day. which pretty much what happened but managed to urge-surf for a bit till I got out of the house. after that I was fine-sorta I came across a website with inappropriate pictures of women but thank g-d had the strength to block the website before I even considered to fall.

peace out.

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Re: Journey x Destination

Posted by upanddown - 21 Jan 2025 13:11

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Wet dreams are very common, especially at the beginning of the 90 day journey. And I believe most of us here are familiar with its negative effects on your mood - its a big trigger!! So well done for staying clean!

We're in this fight together!

Keep strong,

UpAndDown

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Re: Journey x Destination

Posted by cleanmendy - 21 Jan 2025 15:03

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Your a chizuk to me, you didnt let that get you down, thanks!!

Keep going!

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Re: Journey x Destination

Posted by thegrave - 21 Jan 2025 20:35

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Thanks! I appreciate the support!

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Re: Journey x Destination

Posted by thegrave - 22 Jan 2025 03:52

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Day 9 complete: quick question for the boys, what are some songs that you listen to that give you chizuk? for me it's definitely "silver lining by MT joy"

or after a bad fall "hurt by johnny cash"

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Re: Journey x Destination

Posted by chaimoigen - 22 Jan 2025 04:00

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Hey, here's a warm hand: welcome!

i **love** "Hurt" by Johnny Cash. "And you can have it all, the whole pile of dirt...". What a way to look back on life... wasn't expecting that reference here!!

Welcome! Congratulations on taking the courageous step to post. There's a lot of wisdom here, in the threads, and a lot of experience. This journey is easier together with friends. Stick alone, get to know some of the folks, when you're ready. It's worth it.

*"I would find a wayyyy"*

The way is GYE. Hope lives here.

Chaim Oigen

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Re: Journey x Destination

Posted by proudyungerman - 22 Jan 2025 04:23

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[thegrave wrote on 21 Jan 2025 04:59:](#)

[odyossefchai wrote on 21 Jan 2025 03:10:](#)

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Hey thanks for the reply! Not sure if that's my style but I'll definitely give it a shot.

My dear brother!

Welcome to the warmest family in the world!

Here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

There are many tools here to help you in this fight.

There is the F2F Program, the [Vaad Program](#) (click [here](#) for an explanation of what the vaad is), and the book [The Battle of the Generation](#) - many have found this very helpful in reframing the struggle.

There is also an extremely powerful tool of accountability, friends, and mentors, as has been mentioned, that has helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at [michelgelner@gmail.com](mailto:michelgelner@gmail.com). If HHM isn't your flavor, maybe try some of the other great guys here like Eerie - [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com), Muttel - [muttel15@gmail.com](mailto:muttel15@gmail.com), Reb Akiva - [mevakesh247@gmail.com](mailto:mevakesh247@gmail.com) iwantlife - [iwantlifegye@proton.me](mailto:iwantlifegye@proton.me)

Keep posting, you'll see, the oilam is here for you.

Looking forward to seeing great things from you!

And don't forget, as always, KOMT!!

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Re: Journey x Destination  
Posted by thegrave - 26 Jan 2025 01:06

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Wow! I thought I was the only one that knew the lyrics by heart! my favorite part is "if I could start again a million miles away I would find myself I would find a way"

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Re: Journey x Destination  
Posted by thegrave - 26 Jan 2025 01:09

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[chaimoigen wrote on 22 Jan 2025 04:00:](#)

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Re: Journey x Destination

Posted by thegrave - 26 Jan 2025 01:16

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[proudyungerman wrote on 22 Jan 2025 04:23:](#)

[thegrave wrote on 21 Jan 2025 04:59:](#)

[odyossefchai wrote on 21 Jan 2025 03:10:](#)

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pretty much the guy cursed me out, asked some really personal questions, and left me with some existential dread. so when I'm ready for another one of those I'll probably try again. on a warmer note DAY 13 LETS GO!

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Re: Journey x Destination

Posted by althemirrer - 26 Jan 2025 02:33

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[thegrave wrote on 26 Jan 2025 01:16:](#)

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wow 13! btw this sounds nuts! i feel for you brother! to finally pick up the phone and then to be treated like that?! that's tough! i'm assuming that the guy you reached out to did not come recommended at all? but when you hear people coming in very recommended you should assume that you will have a better experience, so i guess if all different guys say positive about some of the greats than you can safely assume that he is safe, here's hoping that you get some right direction!

p.s. my ikur advice is don't call me! lol, but i will say that if my opinion is anything then it's kimot impossible to not gain and have a positive experience with r' eerie, as i'm sure there are the other ones as well, but he's someone that i can personally vouch for, and say that he is totally



non judgemental and very understanding and caring, i'll put down money that you will be happy speaking to him! (no this is not a paid add!)

hatzlocha from the mir

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