

Let's give it a shot

Posted by sytv2002 - 11 Mar 2025 17:01

Hey everyone. I'm going to try something new. I will commit to commenting on here every day for 90 days. I've already fallen today so starting tomorrow will be day 1. Do I think I can get to 90 days clean? Not really no. Not at all actually. But let's see what happens. But win or lose, I'll give a daily update. Would love all to join me.

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Re: Let's give it a shot

Posted by chosemyshem - 11 Mar 2025 17:46

Hey yo! Let's go!

Love this idea. Consistent posting is a good way to stay accountable and motivated. It's a small thing that can help lead to big things.

Are you speaking with any of the greats?

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Re: Let's give it a shot

Posted by sytv2002 - 11 Mar 2025 18:35

Thanks! I'm not really speaking so much to anyone besides my therapist and a rebbi. But I'd love to! Not so good at reaching out though.

Where is the tehillim chart? And idk... is it anonymous? It might be worth it I really need tefillos

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Re: Let's give it a shot

Posted by chosemyshem - 11 Mar 2025 18:45

[syty2002 wrote on 11 Mar 2025 18:35:](#)

Thanks! I'm not really speaking so much to anyone besides my therapist and a rebbi. But I'd love to! Not so good at reaching out though.

Where is the tehillim chart? And idk... is it anonymous? It might be worth it I really need tefillos

For the tehillim, see [this thread](#).

If I know the warmth of the chevra here, after seeing this post they're about to blow up your pm's with offers to chat.

In case they don't, I'll take the liberty of ripping off PY again:

[proudyungerman wrote on 04 Mar 2025 16:11:](#)

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. Some of them you may be familiar with, some may be new.

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 reframin' the struggle.

Posting is a great way to connect, learn, and grow also.

(Maybe keep postin' on this thread to keep track of your progress...)

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 micgelgerner@gmail.com.

Some of the other great guys here are Eerie - 1gimpelovitz@gmail.com, Muttel - muttel15@gmail.com, Reb Akiva - mevakesh247@gmail.com iwantlife - iwantlifegye@proton.me minhamayim - minhamayim1@gmail.com

Proudbutnotinabalgavaa'dikwayyungerman - proudyungerman@gmail.com

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

Lookin' forward to seeing great things from you!

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

You can't go wrong reaching out to any of those guys.

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Re: Let's give it a shot

Posted by sytv2002 - 12 Mar 2025 13:14

I guess yesterday was day 1....

Good Morning friends. Day 2 of posting. Clean streak... will be one day tomorrow iyh. Let's be strong together today

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Re: Let's give it a shot

Posted by sytv2002 - 13 Mar 2025 16:41

Day 3 of posting. Starting again... sigh... Day 1 of being clean. Hope everyone's fast is going easy.

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Re: Let's give it a shot

Posted by sytv2002 - 16 Mar 2025 01:46

Hey guys. Just fell. Was clean over the fast and Purim and until after shabbos. But over shabbos got an urge and it really didn't subside. Idk what u guys mean by letting it ride out. Anyway, day 1 of posting and tomorrow day one of clean.. sigh... we fight on... also a girl a dated for a long time got redt again to a friend. So much pain.... I found it after the fall and blame the fall for causing this pain... I'm so lost

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Re: Let's give it a shot

Posted by lamaazavtuni - 16 Mar 2025 03:07

Hey brother welcome!! You seem a little lost.... y don't you call on of the chevra here. Specifically eeire or hhm they can give you clarity on how to proceed and it's the most tried and proven method in the recent gye history for long term results . Your not scaring or shocking them with anything you did/do

Warning: Spoiler!

They have heard it all try it my friend you'll be in a way better place .

Much much hatzlacha

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Re: Let's give it a shot

Posted by sytv2002 - 16 Mar 2025 15:34

Day 2 posting... day 1 clean. Gonna look to get Google voice today and start reaching out over the phone

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Re: Let's give it a shot

Posted by chosemyshem - 17 Mar 2025 13:10

[sytv2002 wrote on 16 Mar 2025 01:46:](#)

Hey guys. Just fell. Was clean over the fast and Purim and until after shabbos. But over shabbos got an urge and it really didn't subside. **Idk what u guys mean by letting it ride out.**

This is definitely something that gets clearer and easier when you've got a few days clean.

There's definitely times where the urge hits and it seems like before you can even think about controlling yourself you are already giving in. But as you put in the work you'll begin to see that there's a moment of choice in between the urge and the response. And during that moment you can choose to do things that will stop yourself from giving in.

Some of the mindfulness tools in Flight to Freedom are very helpful for that. STAR, SOBER, Urge Surfing etc. etc. It's highly recommended to practice when you don't have an urge so you have tools ready to go when the urge hits.

But it's definitely something that become easier once you've gone a couple days clean and proven to yourself that it's really an option.

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Re: Let's give it a shot

Posted by sytv2002 - 17 Mar 2025 14:07

Thank you. I think I understand that. But let's say I do it around 5 pm. Then I don't fall and I distract and whatever and go on with my night. But the thought never really leaves my

mind. I feel like it's there just haunting me waiting for me to just give in.

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Re: Let's give it a shot

Posted by sytv2002 - 17 Mar 2025 14:10

Day 3 posting... Day 2 clean. Bh no fall yesterday. Was a really tough morning but bh I didn't turn to porn to help. Wasn't much of an urge for it being that I felt porn was the reason I had such a bad morning. But there was a slight thought for it and for ignoring that, I am proud. Also, I got Google voice but it says it's not available in my country? I'm in America lol why wouldn't it work

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Re: Let's give it a shot

Posted by odyossefchai - 17 Mar 2025 15:00

Sorry to hear about your struggles.

You can reach out to people and block your number until you get a Google voice account.

You won't be sorry you spoke to HHM or eerie (or any of the other pros on this site)

May Hashem guide you in your journey.

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Re: Let's give it a shot

Posted by sytv2002 - 18 Mar 2025 18:47

Day 4 posting... Day 1 clean... stupid fall last night. Was out of pure lust. Just was a thought nagging me the whole day and I pushed it away and distracted for so long I just couldn't anymore. At least it was quick. And after completing my hours. Onward we go

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Re: Let's give it a shot

Posted by cleanmendy - 19 Mar 2025 15:01

Wow wow, i just read your thread. Your a real gibor keepin on posting. It must fell good to not be alone in this fight.

I hope you have tons of Hatzlacha.

P.S. Im not gonna keep bothering you about talking to one of the mentors (but it saved my life) And your very lucky that your holding by reaching out Before you get married. It only gets harder and more messy.

I promise you that its beatable. Just look around at how far people have come on this site.

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