

Let's give it a shot

Posted by sytv2002 - 11 Mar 2025 17:01

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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 adventurousjellyfish - 25 May 2025 04:24

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It is true. You are trying. And that is great. We need to support you in being happy. We need to help you feel good. It helps a lot. It's good to see your posts! Good luck!

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Re: Let's give it a shot

Posted by kavey - 25 May 2025 13:44

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I recall as a single guy those long Shabbos afternoons being really boring and lonely. Not sure if that's your situation but if similar I can see how might be a trigger.

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Re: Let's give it a shot

Posted by sytv2002 - 25 May 2025 15:52

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Day 61 posting... day 1 clean...

thank you both! I wouldn't say I had a strong feeling of loneliness, although I'm sure with shidduchim being so dry for me right now it played a part. But it was more of a sense that I've been fighting that urge since Thursday night and was on day 3 clean. I just didn't have the resolve to fight any longer. Also the YH told me that it's better to fall while it's still shabbos because then I won't watch P. That was the last straw as I'm really mainly trying to beat P. Bh

I'm almost 2 weeks clean from P.

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Re: Let's give it a shot

Posted by kavey - 25 May 2025 16:57

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Have you tried F2F or BOTG? This is really a difficult fight and I envy your schar but still sometimes reframing the struggle can help.

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Re: Let's give it a shot

Posted by sytv2002 - 25 May 2025 19:34

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Coming on again today for accountability and stam to vent. I'm so sad. And angry with myself. My phone was left unfiltered today by accident and I could have gotten it blocked again, but I didn't. The YH convinced me I was strong enough and it wasn't urgent. But it was. I should've had known. My porn clean streak is over. I've had this challenge before, where I've had easy access to the depths of the internet, and I resisted and had my phone restrictions put back on. I just couldn't do it this time. I could have. But I didn't. I don't know. I should have for sure. I regret not having it done. Maybe it's because I never really felt good about myself for re restricting before. So now I kinda told myself it's whatever. But now it stings. All this because I wanted to give tzedakah and I couldn't without unblocking my phone for a few minutes. And then it glitches and doesn't re restrict even though it was set to that setting. It was so clear and obvious a challenge from Hashem, and I failed miserably. And of course now I feel like my shidduch would have came if I resisted, and now that I fell, it won't. At least not for a while.

If you're still reading, on a scale of 1-10. How crazy do I sound?

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Re: Let's give it a shot

Posted by adventurousjellyfish - 25 May 2025 20:55

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I spoke to my friend today. He was telling me a much worse story. And a great Rabbi said "so  
Whether you fall or not.

I've got you. Falling is a side thing. Happiness is a main thing. I hope I can assist you. Good  
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luck  
Re: Let's give it a shot  
Posted by ?? ????? - 26 May 2025 00:20

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[syty2002 wrote on 25 May 2025 19:34:](#)

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**Warning: Spoiler!**

Not sure about u I don't trust myself without a filter not that I can't bypass it or find loopholes just that at least I did my part of hishtadlud but get back up and keep on strongWould you mind to share Which filter you are using, not sure which filter blocks charity sites unless money isn't going for good purposes in regards for a a shidduch Hashem should help you soon, find the right girl

**Warning: Spoiler!**

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Re: Let's give it a shot

Posted by sytv2002 - 26 May 2025 14:37

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Day 62 posting... day 1 clean...

thank you AJF staying positive is key and definitely something I need to focus on

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Re: Let's give it a shot

Posted by adventurousjellyfish - 26 May 2025 16:27

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. You are great. Relax. Maybe try making friends. I am trying to. I

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Re: Let's give it a shot

Posted by kavey - 26 May 2025 17:53

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[syty2002 wrote on 25 May 2025 19:34:](#)

Coming on again today for accountability and stam to vent. I'm so sad. And angry with myself. My phone was left unfiltered today by accident and I could have gotten it blocked again, but I didn't. The YH convinced me I was strong enough and it wasn't urgent. But it was. I should've had known. My porn clean streak is over. I've had this challenge before, where I've had easy access to the depths of the internet, and I resisted and had my phone restrictions put back on. I just couldn't do it this time. I could have. But I didn't. I don't know. I should have for sure. I regret not having it done. Maybe it's because I never really felt good about myself for re restricting before. So now I kinda told myself it's whatever. But now it stings. All this because I wanted to give tzedakah and I couldn't without unblocking my phone for a few minutes. And then it glitches and doesn't re restrict even though it was set to that setting. It was so clear and obvious a challenge from Hashem, and I failed miserably. And of course now I feel like my shidduch would have came if I resisted, and now that I fell, it won't. At least not for a while.

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I think many of us have been there again and again and again. I think there's a special kind of low frustration tolerance that's associated with this struggle.

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Re: Let's give it a shot

Posted by syty2002 - 27 May 2025 13:23

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Day 63 posting... day 1 clean...

Kavey you are so right... so frustrating to type out that it's day 1 clean for the third straight day. Oish here we go

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Re: Let's give it a shot

Posted by adventurousjellyfish - 27 May 2025 19:15

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Look at it the other way. Your strength is amazing that you can pick yourself back up. I cry at  
. Not sure how though haha. I fell as well. Take

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Re: Let's give it a shot  
right. I have mercy. I am trying to cheer you up  
Posted by sytv2002 - 28 May 2025 17:29

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some of my happiness

Day 64 posting... say 2 clean...

AJF I'll gladly take some of your happiness on one condition- You don't lose any of it. Thank  
you for the chizzuk

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Re: Let's give it a shot  
Posted by sytv2002 - 29 May 2025 17:25

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Day 65 posting... day 3 clean bh...

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