

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 sytv2002 - 04 May 2025 01:39

Day 40 posting... Day 2 clean

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Re: Let's give it a shot

Posted by hytoo - 04 May 2025 02:05

Keep on fighting!!

We all can do it and feel free!

Bh here 152 days!

Let's keep on doing this great great avodah!

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Re: Let's give it a shot

Posted by sytv2002 - 04 May 2025 13:58

Day 41 posting... Day 3 clean*

asterisk being last night was an absolute rollercoaster. Did I poke? Yes. Did I see an image I

shouldn't have? Yes. So why am I counting it as a clean day? I don't know maybe I shouldn't. I did not watch any videos. But I stepped into the shower before bed knowing I'm going to M. I even started the act. But then the good thoughts came and they came strong. "It's uncomfortable but the feeling after will be so much worse. You don't need to do it." There were more even. I took a deep breath and let the good thoughts win. I told myself that if I held back I'd be mochel the image I saw earlier. It was so hard. But I just didn't do it. Bh I finished my shower and went to sleep. So yea... day 3 clean

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Re: Let's give it a shot

Posted by sytv2002 - 05 May 2025 14:35

Day 42 posting... Day 1 clean

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Re: Let's give it a shot

Posted by sytv2002 - Yesterday 14:47

Day 43 posting... day 2 clean... Chasdei Hashem so proud of myself for last night. Felt some urges coming on but was motivated (not by guilt

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Re: Let's give it a shot

Posted by youknowwho - Yesterday 17:03

[chosemyschem wrote on 09 Apr 2025 18:58:](#)

[chosemyschem wrote on 27 Mar 2025 15:52:](#)

[sytv2002 wrote on 27 Mar 2025 15:43:](#)

Day 6 49 43 posting... day 3 clean... not feeling so strong. I don't know if I'll make it today...

Totally normal to have that feeling.

Question is only this: What are you going to do now, while you feel weak but before the time you are really tempted to act out, to make yourself strong?

Some suggestions: Call a friend/mentor and share how you feel. Listen to a Vayimaen, read TBOTG, or whichever chizzuk makes you feel pumped. Talk to Hashem and surrender these negative feelings and ask for strength to get through this day. Get busy, plan a schedule that keeps you out and about in safe places. Read the new "Mindshift" book.

Above all KOOOOOOOOOOOOOOT!!

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Re: Let's give it a shot

Posted by sytv2002 - Yesterday 19:42

Another fall, posting here as accountability... yes I feel like garbage. Yes I'm angry at my actions and how they've set back my goal. I wish my motivations were stronger. But I'm still proud. Of how I fought yesterday. This whole week really. Had some really tough battles that I won. Those are kidushei Hashem that will never be erased. But for now, I'll be working on erasing this chillul Hashem... oy

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