

Just starting out

Posted by balancedfox70 - 19 Mar 2025 15:13

Hello everyone, I had many ups and downs in the past (mainly in "M") and never thought I can achieve true freedom that is before I discovered GYE. I am now challenging myself to do the 90 day program. It does feel like a lot so I'm breaking it down into 30 day increments at a time. I just feel that I can't do this alone and need the support of the community to help me on my journey. I will try to update as much as possible. Any support would be greatly appreciated! Thank you so much! I love you all!

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Re: Just starting out

Posted by balancedfox70 - 09 Apr 2025 00:52

20 Days clean!

Been a little rough lately because of the whole Niddah thing but with the help of Hashem and the backing of you guys I was able to overcome each challenge ODAAT.

Was wondering if there is a place on the Gye website that I can record the events that occur along my journey? Successes,falls,triggers ect.. A personal online journal if you may...

Thanks! Love you all!

#Keepfighting

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Re: Just starting out

Posted by balancedfox70 - 16 Apr 2025 02:39

Just dropping in to wish you all A Gut moed. Hope everyone is having a Chag "Kosher" V'sameach.

Was getting emotional when I was saying ??? ?????? it had a whole new meaning this year Bh!

While Chol Hamoed is a great opportunity for everyone to spend time with friends & family, along with that comes the struggle of being out with the rest of Klal Yisroel with the women all dressed their finest... (I don't need to elaborate...)

Every challenge brings opportunity and we will fight this till the bitter end! Lets do this!

Just trying to fire myself up so just bear with me...

Have a great rest of your Yt!

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Re: Just starting out
Posted by balancedfox70 - 17 Apr 2025 00:25

Yesterdays post prompted me with the following question; Can I tell my wife to spice things up a bit in her looks in order to help me face the challenges of being out and about with other women who are doing just the same if not more? Now to be clear this would not involve a breach of Tznius in any way at all, were talking about wearing a nicer Sheitel or of similar sorts... Just not sure how to go about this as I think its ok but obviously biased. Thoughts?

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Re: Just starting out
Posted by balancedfox70 - 18 Apr 2025 19:25

Made it to Day 30! Hooray!

I feel like I'm a changed person now, one who is able to control external feelings and urges, something which I always felt was out of reach.

My relationship with my wife has taken on a whole new level, something which I had never tasted since we got married. She feels it too and is so supportive of what I'm doing here working on myself. Thank you to everyone out there who have made this journey possible for me thus far. Spoke to HHM last night and got me super motivated to go on!

Now starts the next 30 days and with the help of Hashem we will achieve this ODAAT!

Wishing you all a good Shabbos and Yom tov!

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Re: Just starting out

Posted by balancedfox70 - 23 Apr 2025 14:17

Day 35.

Was having some urges recently. I guess that so called "pink cloud" thing is starting to dissipate. However I am determined as ever to finally turn the page and move on from all this.

Hoping that this week goes well with the wife & kids now back to routine, leaving me all by myself...

Overall feeling confident that I Can Do it!

As always,

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All the best!

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Re: Just starting out

Posted by balancedfox70 - 28 Apr 2025 16:26

40 Days clean!

Had a triggering episode yesterday that left me with some urges and fantasies (quite minimal though Bh.) Quickly notified my partner about this development and then sought out ways to distract myself...

Bh it eventually subsided and life went on but it left me with such a liberated feeling that I never had before! The thought that I had the ability to hold back was something I never knew I possessed! It gave me such chiyus and a boost to the rest of my day! Even my wife noticed that I was being extra nice to her and to the kids. It was amazing!

Gye has been such a game changer in my life! I no longer have to walk around living a constant double life, always thinking about "If only they knew..." My marriage is in a much better place, my relationship with my kids and so on. Still a work in progress though...

This is due in part to the incredible family that I am apart of where everyone here is super warm and encouraging. I am so proud to be a part of a family that contains the true warriors of Klal Yisroel!

Thank you all for your continuous support and guidance. There are no words...

All the best and KOMT!

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Re: Just starting out
Posted by balancedfox70 - 30 Apr 2025 03:50

Day 41

Just wanted to share something that inspired me today. Inspiration at times can come from the most unassuming and inconspicuous places, this one being a simple Splenda packet! Yes, that fake sugar stuff that goes in your coffee that health nuts will always try to avoid!

As I was casually depositing it into my coffee and was about to discard it and move on with life, I noticed something written on the back. Just a few words that left me with an inspiration that put my thoughts into perspective.

"Bloom Where You're Planted"

Often we have the feelings of "If only I had things going easier for me" or "If only my challenges were smaller and more surmountable..."

We need to remember that Hashem knows what He is doing and tailor made our life's circumstances for us! Our job is to bloom, thrive and grow through these challenges and situations that we are in. It's only through these specific and unique circumstances that we will grow to reach our full potential!

Life is so sweet (pun!) and full of opportunity. Let's take advantage of each moment and

become the great people we were destined to be!

KOMT!

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Re: Just starting out
Posted by balancedfox70 - 04 May 2025 03:05

Made it to Day 45! That's halfway there! Wow!

Now that I have reached this incredible milestone. I feel that now the avoida is to start focusing on real inner change, one that will bring me to my 90 day goal and beyond that Be"h. After all it's not just about the 90 Day program, it's about becoming a better person, a true ?? ??????. I look at the program as a springboard that I can use to propel myself to ultimate freedom.

This stage would involve looking deep within myself and determining Who/What I wanna be... in a full out soul searching experience.

Looking forward to embrace this next challenge and with the support of the Oilom we will prevail!

I wanna openly thank @[BenHashemBH](#) for his help in navigating me through these troubled waters, There are no words...!

KOT!

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Re: Just starting out
Posted by stopsurvivingstartliving - 04 May 2025 04:51

Sorry I am late here but by reading through your thread you seem to be an amazing person and a real inspiration to all of us!

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Re: Just starting out
Posted by balancedfox70 - 08 May 2025 00:41

Made it to Day 50! This is huge! I cannot believe what I have just accomplished!

Bh things have gotten easier for me as far as my urges are concerned now that we are back to routine and back to the ultra fast-paced speed of life. Less down time equals less opportunities for the Yetzer to get ahold of me. Routine is my best friend!

Being back in Yeshiva has never felt so good with my new sense of freedom and being able to learn with a guilt free feeling makes it ever so meaningful!

Let's keep this battle going!

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Re: Just starting out
Posted by balancedfox70 - 13 May 2025 02:26

55 Days Clean!

Just celebrated our Anniversary together. The best one yet!

The journey continues...

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Re: Just starting out

Posted by balancedfox70 - 18 May 2025 02:49

60 Days Clean!

2/3 of the journey is now complete! Now begins the home stretch to 90!

See you there!!!

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Re: Just starting out

Posted by balancedfox70 - 23 May 2025 02:17

65 Days Clean!

Gonna be out on vacation soon. I must be prepared and vigilant in order to stay on my game!

May Hashem give me the strength needed to overcome each nisayon.

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Re: Just starting out

Posted by balancedfox70 - 28 May 2025 18:19

70 Days Clean!

Vacation did have some ups and downs but reaching out to my accountability partner was a huge help!

Got 20 days left to 90!

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