

From Struggler to Succeeder

Posted by struggler33 - 06 Apr 2025 22:45

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I told myself that If I can do 20 days, I'll start my journey on this 90 day forum

The first 18 days have gone through almost without any urges. They call it the pink cloud, it's a cool place but not reality.

The last few days have been a little tougher, but still pretty great.

I wasn't able to daven normally, I thought that me being clean would automatically switch that on, but it turns out this is not the case.

But I have learned to thank Hashem each day for allowing me to stay clean, and to put on talis & tefilin, and daven as much as I can

I also have written my story extensively for myself, and as locked parts of my childhood history are being unlocked, I can start forming a pattern why I did what I did, why I have been stuck on P&M and the certain fetishes I have, and what void I was trying to fill. I will share when I think I'm able to.

for now I'll share what has helped me thus far.

- Accountability partner - this is the most powerful tool for me to stop myself from doing anything stupid
- Writing and being on GYE - besides being aware of what I'm going through and reading and sharing others struggles and life stories, I also get my dopamine from here and writing on other forums, which takes away the need to get it from the bad places we're trying to avoid
- Get out of bed in the morning and not lazy around, taking away the opportunity from browsing out of boredom
- Therapy - although I wouldn't consider myself an addict, this helps me understand myself, my strengths and weaknesses
- Journaling - Even if you're not ready to share your full story here, you should still write it down for yourself, that will help you understand why you're doing whatever you are, which sometimes needs healing.
- Talk to Hashem - He knows everything anyway, you might as well speak to him, acknowledge your struggles, your hardships etc. I'm not talking about promising to be good or fooling yourself that you can only talk to him about learning or bigger stuff than yourself. Even if your davening is not that great, or you don't go to daven at all.

**GYE - Guard Your Eyes**

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