

90 Days-Be"H, But I can't do it w/o YOU by my side

Posted by mesayinoso - 17 Jul 2025 13:15

Hi everyone!

Looking for some support and Chizuk on my 90 day journey. (You can check out my [Story](#) in the "Introduce yourself" section)

After about a 2 month streak of no M I fell for a few days. BH no P for over a month.

Back on track now, day 4 of no M!

I have an Amazing Mentor.

Started reading TBOTG, great book.

I've read pretty much every Shmiras Einayim book out there, but this is something else.

I find that most of my struggles with M are when I go to bed at night, even if I was careful not to be "Looking around" all day.

I'll lay down, finally relax, and **BOOM** the YH is there: "Come on, you need it to relax", and "Just one more time never hurt anyone, you can always get back up, you have the GYE Forum to support you" and "If you 'fight' me for the next 10+ minutes you'll just be more tired tomorrow so just get it over with, act out now, and then you can fall asleep".

Anyone have similar experiences? What works for you?

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side

Posted by BenHashemBH - 23 Jul 2025 18:59

It will be hard to appreciate success in the shadow of fears of future failures that haven't happened. You will deal with the next thing when it comes. For now, let yourself be present in the moment of succeeding against a powerful yetzer hara and appreciate what that accomplishment means. Feeling good is a powerful tool in fighting this battle with a healthy approach long-term.

Have you taken a look at the book The Battle of the Generation?

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