

Starting Fresh – New Page 2025

Posted by newpage2025 - 21 Jul 2025 23:48

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Hey brothers,

I've decided it's time to turn the page—literally and spiritually. That's why I chose newpage2025 as my username. This year, I'm not just trying to quit bad habits; I'm trying to reclaim the parts of myself that have been buried under years of struggle.

I've known for a long time that this issue has been affecting the way I view women, how I carry myself, and especially how I show up in my marriage. Even just walking down the street or seeing someone in a movie triggers thoughts that I wish didn't have such power over me. It hurts to admit, but it's true—and it's been hurting my ability to initiate intimacy in a real and healthy way.

Sometimes I get bursts of motivation and hope, but there are other times when I fall into the trap of telling myself "It's just one time" or "I need this" or "I deserve it." I give in, and afterward I'm filled with shame and discouragement. The yo-yo cycle is exhausting.

But I'm still here. I'm choosing to fight again. I'm not starting from scratch—I'm starting from experience.

So here I am, Day 0. I'm ready to work toward 90 days and beyond. I want to post regularly, be honest, and encourage others too. If you're on this path too, I'd love to connect and support each other.

Let's break free, together. One day at a time.

– newpage2025

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Re: Starting Fresh – New Page 2025

Posted by captain - 22 Jul 2025 12:16

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It's amazing that you have the courage to take this on. I wanted to add that you are much more likely to succeed if you don't just seek to avoid negative for 90 days, but rather also do something positive to strengthen yourself each day for 90 days in a row.

Some good ideas are below in my signature.

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