

illustrious board

Posted by andrewsh - 23 Feb 2010 11:16

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I have read some of the posters before me and feel priviliged to write on this wall after people who are so strong and have come so far.....

Day 6 today!! Last night was the hardest urge i have had to resist so far, really wanted to ... but held back, i am not sure if the want was out of boredom or to relax me or i wanted the very temporary pleasure, either way bh i held back and now its day 6. I hope i will have the same rotzon day 89!

It feels so good to type it out, learning to let it out a bit more and not to worry, it all really helps me.....

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Re: illustrious board

Posted by sci1977 - 24 Feb 2010 15:25

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It's great to type it out. It makes it much more real. I also feel the slower you take it the more you understand it. Just take it with baby steps one day at time. We are all here to help you!!

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Re: illustrious board

Posted by bardichev - 24 Feb 2010 15:29

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Post post post

De heiliger rebbe reb mailich says you need to talk out your taavos and machshavos

KEEP ON TRUCKIN!!

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Re: illustrious board

Posted by andrewsh - 24 Feb 2010 16:07

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Day 7

As i told cleareyes, at the moment i am finding the lack of porn a relief although have had week moments, its the shmiras einayim in the street thats the problem

when u are looking, they are mostly ugly, when u try not to look they all seem so hot

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Re: illustrious board

Posted by Ineedhelp!! - 25 Feb 2010 17:35

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Hey Andrew,

Just like anything else in life, with ebough work at it, you can really accomplish it. Oh ya and a

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Re: illustrious board

Posted by briut - 26 Feb 2010 02:31

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Andrew:

Thought I'd share one thought with you.

I'm in the middle of my count now.

What I'm finding difficult to remember is:

I dare not focus on what I'm NOT doing, or NOT supposed to be doing.

When I think of NOT doing P\*\* or m\*\* or whatever, that takes over my entire brain and I can think of nothing else.

Instead, I'm having to think of things to REPLACE that empty space in my head.

What I want to DO, to THINK, to ACT.

I'm hoping that the new thinking will take away any CPU time inside my brain for anything else.

Or, you could try it the other way around: Tell yourself "I will not think about elephants for 90 days."

Good odds you'd be spending all day pushing elephant thoughts out of your head. And probably not very well, either.

Anyhow, that's one man's view from 45 days. Your mileage may vary.

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