

90 days??(gulp) What's the big deal?

Posted by Luria - 26 Oct 2009 19:30

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So I decided to start this log to keep track of where I am holding in my new goal of 90 clean days. I've had a tough but rewarding time since I've started and thought my sharing how I'm doing could help others in the same boat as myself. Meanwhile, everyone's feedback can definitely help me. I figured I'd wait about a week in before starting to post. I started writing this and just checked - Im only up to **2 days**!! :( :( My previous best is 75 so I definitely got a long way to go.

But the "advantage" of having started and then fallen so many times is that I know how difficult these first few days are. Otherwise I don't know how I wouldve lasted until now. But this time is gonna be different!! I got all the GYE tools and tips - and this whole awesome community right here so I'm banking on that to help me make it!!

Day 1 was surprisingly easy but Day 2 was a perfect example of where I would have fallen before finding this website. Throughout the day, from doing work to lying in bed my whole body was just screaming for release. There were a few times it got so bad I couldn't focus at all anymore - I really felt like I was drugged.

And thats when my good old friend (the y"h) started speaking -

"Come on, you aren't even 2 full days in. You picked a bad time to start being clean - your body can't physically do it right now. Its not any fault of your own. You can start clean tomorrow."

"Look at what this staying clean is doing to you. Hashem knows you can't fight this. This is obviously a test you weren't meant to pass."

"Look at yourself. You're a wreck. You know the Possuk says V'chai Bo'hem. Hashem wants you to live a normal and enjoyable life - not to be in pain like this. "

This is the point that I have always fallen before. I am a fighter and I always will be. Its just my nature. But I've always lost the fight when the lust gets this bad - when I can't focus or get

anything done. And the only way is just to give in to my taaivos "just one last time".

So I did something I have never done before and it actually worked!! When I first read the GYE handbooks and joined the forum I saw this strategy and said "Lame. Not for me. Giving up and admitting you're too weak to fight? That's for wimps. Nothing can control anyone so much that they can't beat it." But there were a few times yesterday that I was literally tearing out my hair to stop myself from sinning. So what did I do?

I just closed my eyes and said "Hashem, I can't do this on my own any more. You know that I have tried fighting in these type of situations and lost time and time again. Please! I need You to help me through this."

I did this at the four or five times during the day when my taaivos felt unbeatable and Hashem was really there for me!!

Its funny because I am not the type of person that "talks" to Hashem outside of davening. Interestingly, I don't think I ever would have reached that level of feeling close to Hashem if it wasn't for reaching that low level of having nowhere else to turn.

And this is after 72 hours clean!!

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Re: 90 days??(gulp) What's the big deal?  
Posted by imtrying25 - 21 Dec 2009 14:05

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Hey Luria. What is going on with you?? Havent heard from you in ages. We all miss you so much. :-\

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Re: 90 days??(gulp) What's the big deal?  
Posted by Momo - 27 Dec 2009 08:36

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**YOU ARE SOMEBODY SPECIAL!!!**

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 22 Jan 2010 18:56

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Thanks!! - you guys sure know how to make me feel good... 8)

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Re: 90 days??(gulp) What's the big deal?  
Posted by imtrying25 - 23 Jan 2010 23:51

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[Luria wrote on 22 Jan 2010 18:56:](#)

Thanks!! - you guys sure know how to make me feel good... 8)

Do i see a return?? Or my eyes just tricking me??

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 24 Jan 2010 05:39

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. Yea  
I was gone for a while with life in general being crazy busy. But Im back - I might not be able to do it even with you guys but I definitely cant do it without you so here I am!

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Re: 90 days??(gulp) What's the big deal?  
Posted by Ineedhelp!! - 24 Jan 2010 05:41

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WOOHOO 8) 8) 8) Welocome back Luria. Make yourself at home. Take your shoes off, you know where the fridge is if you get hungry. ;D ;D

-Yiddle

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Re: 90 days??(gulp) What's the big deal?  
Posted by imtrying25 - 24 Jan 2010 11:56

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[Luria wrote on 24 Jan 2010 05:39:](#)

I was gone for a while with life in general being crazy busy. But Im back - I might not be able to do it even with you guys but I definitely cant do it without you so here I am! . Yea

Stop it! Of course you can do it. With us or without us!! It just will make it alot easier if you stick around with us. If you feel you need more maybe think about joining Dc's group. Theres a new one starting in feb i think.

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 31 Jan 2010 05:39

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Re: 90 days??(gulp) What's the big deal?  
Posted by silentbattle - 31 Jan 2010 08:04

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Glad to have you here - the more warriors, the better!

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Re: 90 days??(gulp) What's the big deal?  
Posted by imtrying25 - 31 Jan 2010 23:13

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[Luria wrote on 31 Jan 2010 05:39:](#)

Is this a hint that your rejoining us?? I hope!! :-\ :-\*

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 01 Feb 2010 23:46

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sorta - so busy with work im lucky if ill have half an hour a week for gye. But ill take whatever I can get. Love you guys!!

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Re: 90 days??(gulp) What's the big deal?  
Posted by imtrying25 - 02 Feb 2010 12:09

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and well take whatever we can get too!!!! thanks for stopping by. hope things are going good!!  
with you is definitely easier  
luv ya!!!

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 08 Feb 2010 05:40

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Probably not breaking any new ground here but I'm starting to realize that part of this lust problem isnt just taiva; rather its a disorder in my thought process and how i relate and think about the objects of my desires...

anyhow I was sitting next to a very pretty lady on the us yesterday and didnt sneak a peek once!  
One step at a time...

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 09 Feb 2010 00:03

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count is up to 2!! Not so good in quantity but great in quality :D

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Re: 90 days??(gulp) What's the big deal?  
Posted by imtrying25 - 09 Feb 2010 13:18

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Every day counts. No matter what number it is! So.....keep on rollin bro. We need you in this revolution!

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