Destination - 90 days, A human beings journey.
Posted by Human being - 05 Jan 2022 18:52

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Here I go, this will be the spot for my journey to 90 days! I'm excited to finally start. Its my first time legitimately trying to stop masturbating and calling phone sex lines to listen to the recordings (and occasional porn when I have access).

Whatever my ETA is, 90 days is my destination.

I will hopefully post every day. Any feedback is appreciated.

I usually have a really hard time with phone sex lines when I'm in bed and going to sleep, which has always ended in masturbation. This is especially when I have a hard time falling asleep.

See you down the road- enjoy the ride!
#HashemWillHelpMe.#MyFatherMyKingMyLoveAndHeLovesMeToo

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 06 Jan 2022 15:11

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Im at 4 days! over halfway to my first goal!

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Re: Destination - 90 days, A human beings journey.
Posted by Ybird - 06 Jan 2022 19:15

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WOW keep trucking along with everyone here,

welcome aboard and join the flight

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 07 Jan 2022 10:13

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5 days peoples. Doesn't feel like much, as I've done 5 days many times before but its onward to 6 then 7 which will be my first goal on the way to 2 weeks will be my first real accomplishment.

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 08 Jan 2022 17:55

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Still feel that I don't have much pressure not to masturbate because I've done 7 many times. but after this week iyh I'm going to be in territory that I don't remember ever being in, so that's my excitement and my encouragement to get towards 14.

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 09 Jan 2022 14:50

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1Weeeek! 7 days clean BH. My first goal is now in the past. Onward to week 2 and 14 days! I BH havent had any serious nisyosos yet but friday/shabbos is usually hard for me and i passed the first one on my journey. I know there will be nisyonos though, so davening hard to pass them when they come.

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6 days! one more and then I hit my first goal.
Re: Destination - 90 days, A human beings journey.
Posted by Hashem Help Me - 09 Jan 2022 21:10

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Keep it up tzaddik!

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 10 Jan 2022 15:36

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8 days! We are now officially in exciting territory. Im honestly a little nervous that when the first nisayon comes im going to be swept away. But i havent called any sex lines which has been something i used to do quite often, So i guess i am passing some nisyonos.

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Re: Destination - 90 days, A human beings journey.
Posted by Trouble - 10 Jan 2022 16:22

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Human being wrote on 10 Jan 2022 15:36**:**

8 days! We are now officially in exciting territory. Im honestly a little nervous that when the first nisayon comes im going to be swept away. But i havent called any sex lines which has been something i used to do quite often, So i guess i am passing some nisyonos.

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 11 Jan 2022 15:18

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9 days clean! Almost double digits! cant wait!

Going through a hard time today because of certain feelings. I want to masturbate to soothe myself. And it makes me scared not to ejaculate when i feel a real urge to, but I'm not going to. that's it. I will learn that I'll be ok. (Btw i don't really believe in what I'm saying, i am worried that ill get too nervous and will fall)

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Re: Destination - 90 days, A human beings journey.
Posted by Trouble - 11 Jan 2022 16:07

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my apologies; i received a message, so i deleted my last post.

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 12 Jan 2022 18:20

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10 days guys!!! my record is around 15 days so I'm very excited! (I do still have day 11 12 13 14.... before that though so i better take it day by day.)

Last night was the first time in years that I had urges to call a sex line and it wasn't an hours long battle.

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For the first time in years the battle only lasted 5 min before I fell asleep without messing up. Usually its an hour long battle where I end up giving up out of exasperation because I tell myself " I'm going to end up giving up either way, I might as well give up now and not lose out so much sleep"

?Last night I told myself right away "I will NOT end up giving up at the end of this fight. I don't do this anymore". Right after I told myself that my urges subsided and I fell asleep.

?Thank you Hashem I love you!!

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Re: Destination - 90 days, A human beings journey.
Posted by farmer k. - 12 Jan 2022 18:49

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keep going strong we're all with you

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Re: Destination - 90 days, A human beings journey.
Posted by Vehkam - 12 Jan 2022 20:23

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If you have good music that you like you can try putting that on at night. (For me, anytime I feel any urge, my automatic response is to put on music (or a shiur if I'm holding by that)).

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Re: Destination - 90 days, A human beings journey.
Posted by Avrohom - 13 Jan 2022 02:15

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Human being wrote on 12 Jan 2022 18:20**:**

10 days guys!!! my record is around 15 days so I'm very excited! (I do still have day 11 12 13 14.... before that though so i better take it day by day.)

?Last night I told myself right away "I will NOT end up giving up at the end of this fight. I don't do this anymore". Right after I told myself that my urges subsided and I fell asleep.

Absolutely incredible! That's a tremendous Chizuk for me. Thank you!

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