

Gradually cutting down.

Posted by GYEmember - 06 Mar 2015 04:04

Is it a good idea for, lets say, someone who falls 3 times a week on average, to allow himself to fall only once a week. Do this for a month. After a month, allow once every 10 days. Then allow once every 2 weeks, etc.

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Re: Gradually cutting down.

Posted by doingtshuva - 11 Mar 2015 12:19

[Menachem clean by peach wrote:](#)

It actually seemed to work for me as a bachur. I was masturbating nightly And made a decision
(). I was able to keep it till marriage and then broke off
completely.... 7 years later BOOM!

I was back worst than ever.

So maybe it can work in conjunction with a real plan.

Can you please explain me how you managed not to masturbate till Shabbos?

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Re: Gradually cutting down.

Posted by Menachem clean by peach - 11 Mar 2015 13:06

Probably a combo of self will and pas bsalo. But I stress, it's not a long term solution I was just suppressing it like a jack- in- the- box.

But it's hard to get into recovery when we keep falling so maybe it can help someone get weaned off and start real recovery. Maybe.

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Re: Gradually cutting down.

Posted by GYEmember - 11 Mar 2015 14:03

[Ezra wrote:](#)

GYEmember - Please definitely keep us posted - maybe in a week or two - curious to hear how your doing.

My main thread is under "What else should I try?."

I am touched by your care for me.

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