

Done with porn, now level 2

Posted by Holly Nashumah - 16 Mar 2020 06:31

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Hi everyone,

B"H that I'm 149 days clean from watching pornography, this was my biggest struggle so far, I was introduced to online porn at the age of 14 :-(

I thought that after being sober so long I will be in control of myself and finally have a lust free life, but in reality I found out that besides my porn issue that im on my way to overcome BH, I have a big lust issue, I found myself looking at every sister in law and every woman who comes around my eyes, and I don't really know how to deal with this, for my online porn issue I put on a good filter on my phone/computer, and I ask hashem every day he should keep me clean from finding a loophole to watch porn, but with looking/fantasizing I don't know what I can do, in 3 seconds after seeing a women I find myself thinking already all kind of stuff about her, and now what?

Any idea on how to overcome this challenge would be greatly appreciated

I feel that I'm at level 2 on this game B"H, but now it's more tricky

Also, after I find a way on how to overcome this looking/thinking at women issue, should I start counting 90 days again for this challenge or not?

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Re: Done with porn, now level 2

Posted by DavidT - 16 Mar 2020 18:45

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Usually, if a person is faced with a challenge, the strategy to overcome it is by working hard to get it under control. However, in this area, such a strategy will not work. In fact, the opposite is true: When a person tries to control a thought, he is essentially bringing to mind the very topic that he was trying to rid himself of, which causes his mind to explore it further. For example, if someone tells himself not to think about an elephant, then just mentioning those words will bring the image of an elephant to mind. This idea holds true both with regards to inappropriate thoughts, as well as improper sights.

A person should always remember the Golden Rule: *Any time you think about not thinking or seeing it, then "it" is already in your mind.* The following anecdote illustrates this idea:

*There was once a man who was extremely careful with shemiras einayim. Whenever he went outside, he would look at the ground, so as not to inadvertently see a woman. Everything went fine and well for this individual, until the inevitable happened. To his dismay, the man inadvertently bumped into a... street pole! He immediately ran to his Rebbe with a worried look on his face and exclaimed, "Rebbe, I'm trying so hard not to look at anything I shouldn't, and now I've just bumped into a woman!" The Rebbe responded, "I don't understand. For my entire life, I've been trying to train myself that if I ever bump into a woman, I should think that it's a pole. And you've turned every pole into a woman?!"*

How, then, should one deal with inappropriate thoughts and sights? They should be treated as if they are a bag of garbage, waiting for the garbage collector to come. Just as you wouldn't open the garbage bag to investigate if there's something good there, so, too, a person should work on himself to consider these thoughts and sights as if they are nothing and just continue on his way. The focus should be to continue on with 'business as usual' without even analyzing what just happened.

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Re: Done with porn, now level 2

Posted by 18gye - 17 Mar 2020 04:37

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First off, congratulations on reaching level 2, I just joined and completed my first clean day.

in regards to your question, I'd consider putting the focus on reaching your next goal.

When your eyes/mind start to veer, imagine that it's just an obstacle trying to hold you back and try invisioning beating the game and recahing the next level.

Good luck buddy.

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Re: Done with porn, now level 2

Posted by wilnevergiveup - 17 Mar 2020 08:22

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Level 2!!! That's exactly what it is!

You reached the next level and when you get better the challenge is also greater (otherwise it would be so boring... right?).

DavidT's advice is the way to go!

Focusing on something keeps it on your mind and it is better to treat it as garbage that you pay no attention to.

Just an idea how to put this into practice, there is a clip from Rabbi Shafier <https://gye.vids.io/videos/489bdeb21b18eeccc0/06-video-using-powerful-techniques> where he explains one of the ways to do this. He says it better than I would be able to so check it out!

Keep it up!

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Re: Done with porn, now level 2  
Posted by workingmyprogram - 19 Mar 2020 09:33

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Welcome to the problem that most of the healthy world deals with lol. There are books on shemiras einayim, tons of shiurim, etc. If you seek you shall find. Now that you're aware of the REAL nisayon, you need to start creating your own filter. You can start looking down at the ground or taking your glasses off when your around triggering people. You can avoid places where the women are too attractive. I agree that since triggering people are everywhere and there's no filter its more challenging than to not look at porn, but our filter is our ability to close our eyes, avoid certain places, look at the ground, and not stare. It gets easier but at the same time you start realizing just how far the yetzers reach extends. For example, I have 7 years of sobriety and it took me this long to realize that I can't even watch a simple commercial on TV because they only use good looking women and my mind will get triggered.

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Re: Done with porn, now level 2  
Posted by user010 - 27 Mar 2020 01:50

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Congrats on level1! I can relate with what you wrote about fantasizing and thinking things about women. I find my mind wandering even at the mention of the word "my sister" that my friends mention.

I think that DavidT has a great point. I find that the more people made a big deal about shmiras enayim and how bad it is and how we need to be super super careful, this problem just gets worse because I think about how I'm not supposed to think about it which makes me think about it - little of a tongue twister there.

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