

Diary and thoughts

Posted by battle-of-the-gen - 21 May 2020 16:15

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Hey,

So I've been on and off GYE for a year and halfish and have had varying levels of success during my tenure(anywhere bet a week to a month).

What I realized recently was I never actually sat down, read and processed the GYE handbook. So I've decided to commit to a daily reading of the handbook and eventually formulate a plan to making a lasting change.

**In this thread I'm going bzh log my daily encounter with the yetzer hara and mention the part I've read of the handbook with my ?????(thoughts) on them.** If anyone would like to add their own ideas on the piece, please do so. I'm going to do a faster more cursory read of the book first time(just to get the full picture) and then I'm going to go back a second time and read it slower and implement the tools.

Hopefully, thinking about it, rewriting on the thread, and shmuzing with GYEers will help me internalize it and have a lasting impact.

If anyone has any advice, tips, or tools on how I should go ahead and do this, I'd greatly appreciate it. Feel free to reach out on the thread, PM, or email([boftheg1@gmail.com](mailto:boftheg1@gmail.com)). I'd also be interested in shmuzing on a daily basis.

Beshem hashem naaseh venaatzliyah

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Re: Diary and thoughts

Posted by battle-of-the-gen - 28 Apr 2021 02:52

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[Hashem Help Me wrote on 27 Apr 2021 00:23:](#)

Great attitude. I hope you realize that you have a fan club rooting for you....

Thanks! its great to hear from you

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Re: Diary and thoughts

Posted by battle-of-the-gen - 28 Apr 2021 02:52

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[Hashem Help Me wrote on 27 Apr 2021 00:23:](#)

Great attitude. I hope you realize that you have a fan club rooting for you....

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Re: Diary and thoughts

Posted by battle-of-the-gen - 28 Apr 2021 02:55

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[wilnevergiveup wrote on 27 Apr 2021 07:53:](#)

[battle-of-the-gen wrote on 20 Apr 2021 20:29:](#)

Hey so I started a nice streak around this time last year that bh lasted a while, around 6 months or so(around 200 days) and then I fell.

I fell in december (or maybe in january) but at that point, i felt like i had a bit of a handle on it. I was able to control it a bit and I didnt really want to admit that im back in the rut.

Well here I am. I back in the battle.

I was trying to figure out why I felt like I couldnt admit to myself that I need to get back on the horse and figure this out. I think i was just ashamed and annoyed at myself, bec I felt like I worked on it and i was over it and now Im back where I started.

So I finally got over the shame and Im ready to pound it out. Im back.

Hey @willnevergiveup, good to hear from u!

I think that sometimes we feel this way when we overcome a major challenge and it becomes how we identify ourselves. For example, we may have many things that we accomplish but when we overcome something as great as this we tell ourselves "I am the guy who did 90 days" and we identify ourselves by this specific accomplishment. One fall, I can tell myself that I am still on the better side of things but when things start getting out of control I have a choice, I can

either admit that I am not "that guy" anymore, or I can tell myself that I am still him. The second option is easier on our self worth because we can still feel good about being a "90 day guy" the first option requires us to live up to the reality that we still have work to do. Essentially what we tend to do is go into denial in order to save our self worth.

There is no healthy option other than not hanging our self worth on one specific accomplishment. Both options are wrong, we still need work, but that doesn't either make is into a bad guy. It only makes us into a bad guy if it was the only good thing in the first place but this is just not the case.

I know that in my case, it's really important for me to see and appreciate my accomplishments in all areas of life. I know that I have to be careful, especially when I am successful in a specific area, not to depend my worthiness on one specific area. It can very tempting.

As a side point, people who have a hard time with this, people who do prove their worthiness in the areas that they excel in, tend to be judgmental. Judgmental people, besides for having a hard time socially, are usually really hard on themselves. The same way the have a hard time accepting others for who they are, they cannot either accept themselves for who they are. The two usually work hand in hand. "I will only be good enough if I had "x" or if I did "y"" is very similar to "he isn't doing it right because it's not the way I think it should be done."

Just a thought, not sure if any of this applies to you but I am sure it applies to someone out there.

Either way I hope you can stay in the game and have a long, happy and healthy marriage with shalom bayis and as little garbage possible.

All the best,

Wilnevergiveup

I def hear that. Its just so hard to hear it because you worked so hard to get that spot. So now to feel like your back and square one...

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Re: Diary and thoughts

Posted by Hashem Help Me - 28 Apr 2021 11:29

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They say from one of the talmidei Baal Shem, that everyone needs two pockets, and in each pocket, a paper with a specific ma'amar. On one it should say "V'anochi afar v'eifer". In the second it should say "Bishvili nivra ha'olam". When one is feeling urges to do aveiros, look at the first. When one is tzebrochen and is beating himself up, look at the second. They are both true and not contradictory. If one's goal is to become closer to Hashem, at different times/situations, different strategies/mindsets are needed. We just can't look at both ma'amorim at the same time.....

Maybe we can say that similarly, a fellow who has reached a milestone - be it 90, or whatever goal one chose, and is now challenged or relapsed, he should also have two pockets. In one it should say "I am a guy who broke free - I did it once and therefore b'ezras Hashem can do it again and stay clean". In the other it should say "I have work to do. This is a lifetime challenge. I can't let down my guard". At the appropriate moments, the correct script is read.

Continued hatzlocha!

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Re: Diary and thoughts

Posted by battle-of-the-gen - 01 Dec 2021 20:46

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Hey there chashuva oilam.

Unfortunately I've been off my game for a while and I've been struggling to get back into the battle. So any chizuk, tips, or Stam warmth would be appreciated.

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Re: Diary and thoughts

Posted by battle-of-the-gen - 01 Dec 2021 20:50

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As a side note, for whatever reason it may be I can't bring myself to open up to anyone that I'm close with about my problem with porn and masturbation. Bh I have rebbiem and friends that I'm close that would most probably be understanding and help and guide me, but I just can't bring myself to open up(not 100% what it is but it's most prob that I think they'll think less of me but that's a diff discussion for another time). What I'm getting at is that it weighs on me, the fact that I'm struggling and working hard on something and failing and I can't even talk about it with the people that I grow and shtieg with.

It sounds like the simple solution is to just tell them but I just can't bring myself just yet.

Its just frustrating a bit to see people accomplishing things. What I mean is that I'm in yeshiva so I see ppl striving and growing in iyun and knowing Halacha and finishing seforim and additional sedorim, while I'm stuck here battling this behind the scenes battle which A) I'm failing in and B ) causing me to lose out on all those accomplishments that I could be having. (they def have there own nisyonos but my porn nisyaoon vs there learning 2 hr vs 3 hr is hard for me to swallow). Bh I am accomplishing but not nearly what I know I'm capable of which is adds on to what frustrates me.

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Re: Diary and thoughts

Posted by wilnevergiveup - 02 Dec 2021 06:15

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Wow, I remember that stuck feeling. Even though I knew that I was not the only person in the world anymore (cuz of GYE, and because I realized that all those jokes in Yeshiva weren't actually jokes) I still felt very isolated in Yeshiva.

If there is a Rebbe that you are open with, you can try "testing the waters" by bringing up the subject in a theoretical way. Like "how many married guys do you think struggle with watching bad things online"? Or "how do you deal with guys who are having a really hard time breaking an old abbit that is really affecting them"? Or point blank, "have you ever dealt with guys who struggle with p&m (or shmiras einayim and zera l'vatalah)"?

thanks for listening and afrelachin chanuka

You don't have to start a conversation with "Hi, I watch porn", you can start with a generic, "I am having a hard time".

Another thing you can do is open up to a therapist, I found that my therapist to be a huge step in

my ongoing recovery.

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Re: Diary and thoughts

Posted by battle-of-the-gen - 02 Dec 2021 14:07

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[wilnevergiveup wrote on 02 Dec 2021 06:15:](#)

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Another thing you can do is open up to a therapist, I found that my therapist to be a huge step in my ongoing recovery.

I hear, but as I mentioned for some reason I just don't have the guts yet but definitely gonna have to think about it one of these day.

Another funny but sad part about my situation is that I usually have pretty good filters and restrictions set that I shouldn't have so much access to the internet which limits my capability of going on gye. But somehow(the trickster the yetzer hara is) I can get around my filter situation for porn but by the time all my filters are back up I'm restricted from gye.

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Re: Diary and thoughts

Posted by Zedj - 05 Dec 2021 06:51

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[battle-of-the-gen wrote on 01 Dec 2021 20:50:](#)

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It sounds like the simple solution is to just tell them but I just can't bring myself just yet.

Before gye i felt similar...i just kept pushing it off for whatever reason.

Telling myself ita not that bad...it would be embarrassing...noone would understand ect ect  
essentialy i bottled myself up until i realized the pressure was too much to bare...

I wish i would have opened up to a rabbi or mashpia way earlier then i have.

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Re: Diary and thoughts

Posted by battle-of-the-gen - 22 Feb 2022 18:45

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Update

I've been clan for over 7 weeks now! bh bh

Rabosi never stop fighting. Ever.

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Re: Diary and thoughts

Posted by DavidT - 22 Feb 2022 19:24

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[battle-of-the-gen wrote on 22 Feb 2022 18:45:](#)

Update

I've been clan for over 7 weeks now! bh bh

Rabosi never stop fighting. Ever.

Amazing!

It's like counting the Omer... to reach the 50th gate of kedusha ... and beyond.

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Re: Diary and thoughts

Posted by battle-of-the-gen - 20 Sep 2022 12:44

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Hi,

Anyone listened to the fight series from R Shaifer, and if they did what they thought about it?

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