

Feels Impossible sometimes

Posted by Kosherboy - 18 Aug 2020 08:48

Hi everyone,

I'm rather new to this site but have been trying to quit porn for 2 years now about. I definitely have times where I'm motivated to really try but a lot of times when I have any desires, they override my clearer thinking and I eventually break. It's tough to break past that habit when in the moment I don't feel bad about it and only afterwards am upset.

I just had a bad fall and am trying to figure out what to do to break what feels like an addiction that I've been wanting to stop for so long. I'm going to set up some filters on my phone and laptop and hopefully that helps.

This sometimes feels so impossible to quit and I'm not sure what to do to stop for good.

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Re: Feels Impossible sometimes

Posted by wilnevergiveup - 18 Aug 2020 11:15

Welcome!

Check out the GYE handbook guardyoureyes.com/ebooks/item/gye-handbook and Rabbi Shafier's series "The Fight" gye.vids.io/tags/6c9cdbbb1ce9/rabbi-bentzion-shafier .

We are here for you, reach out if you need to.

All the best,

Wilnevergiveup

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Re: Feels Impossible sometimes

Posted by Chaimsimcha13 - 19 Aug 2020 13:46

I also thought it was impossible but look I'm on day 86 you got this. One day at a time.

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Re: Feels Impossible sometimes

Posted by Captain - 19 Aug 2020 14:42

You gotta check out The Battle of the

Generation <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>. Best book on this subject in my opinion.

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Re: Feels Impossible sometimes

Posted by Grant400 - 19 Aug 2020 15:20

Hello and welcome!

We all know that feeling of it being impossible. All too well. But as you start to fight back a person learns tricks and ideas. He sees what caused the fall, or what led to the overwhelming feeling that led him to crumble like stale cake. If we learn from our falls and are actively working on being better, we can become masters at being just as sly and conniving as the yetzer hara. We remove triggers and learn how to deal with them more successfully.

Most importantly we learn that the impossibility is a complete sham. It's all dimyon. After winning a few rounds a person realizes that he won't die, and that it's definitely possible. So remember, the overwhelming feeling a person has in the beginning will lessen as he learns that it definitely is possible as chaimsimcha13 wrote. So don't be discouraged by matching your feelings of today against tomorrow's goals.

It's a formidable investment but with sky high returns.

Your brother,

Grant

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Re: Feels Impossible sometimes

Posted by Jj123 - 19 Aug 2020 15:50

Hi,

I very much felt the same way like 4 months ago.

What I've learned is that willpower isn't enough. For most people even a filter isn't enough.

For many of us, stopping isn't a decision the way going to the supermarket is a decision. It's a process that requires effort and planning and motivation. There are many different tools that work for many different people, so it might take some time to do some reading and figure out what's best for you.

Another part of it being a process means that improvement is good even when it's not perfect. If after a month you find yourself falling once every two weeks instead of twice a week, there is work to be done, but still, good work has been done. Great work.

Thanks for posting and keep up the good work!

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