

My journey

Posted by willdoit - 12 Jan 2021 16:01

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Re: My journey

Posted by willdoit - 03 May 2024 15:43

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[willdoit wrote on 02 May 2024 15:06:](#)

Okay, So I fell after being clean from mb for 275 days. clean from mb and porn, that's all, meaning, that within these 275 days I still struggled very much, not so much with the urge to mb, but rather with the lust feelings as I mentioned earlier in this thread.

I feel hope and hopeless at the same time, I feel angry why I need to go thru all this. I read the the book "the battle of our generation", I went thru the the F2F program, and did put into action, And I JUST CANT THESE CRAZY STUFF OUT OF ME.

I am not sure why I am writing all this cuz I don't recall that by sharing it got any better, Guess I just need to get out.

And last night again...

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Re: My journey

Posted by chooseurname - 03 May 2024 15:54

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Dude, you clearly can pick yourself up from a fall and get right back in it. If I was consistently going 200+ days with occasional falls in between I'd be ecstatic.

I empathize with the yiush on feeling lust even while clean, but being clean from porn and masturbation is not a small thing. It's huge. Accept the crazy stuff, stop beating yourself up. Pick yourself up. And keep on crushing it.

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Re: My journey

Posted by chaimoigen - 03 May 2024 16:25

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Hey, here's an admiring and empathetic hug.

I've gone through my own version of some of these feelings, (though by the help of Hashem I'm about to hit a year). I think it's important to internalize the understanding that we are not guilting ourselves for having the crazy urges **inside**, they are the reality that we are given to deal with today. The main thing is what I'm going to **do** with those urges.

Yup, past performance impacts what plays on the internal screen, and my previous actions may be at fault for the zoo that exists inside of me sometimes. But in **who you and me are today** that's not a problem. The problem is only what are we going to do about it, in action, in our life, in our choices going forward.

And the interior zoo gets better with time, slowly. It's just that our interiors take longer to change, that's all. And the changes are subtle. But you must believe the truth that you are NOT the same person you were a half a year ago and you won't be the same in a year.

**stop the self-loathing.** That's a great and terrible tool of the Soton to get you to fall again.

Hang on no matter what for 3 days and you'll imyH be back up on the wagon.

You're a fighter, a dreamer, and **YOU WILL DO IT.**

Here's a warm hand,

Chaimoigen

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Re: My journey

Posted by willdoit - 06 May 2024 21:30

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Thank you all for your responses, Its greatly appreciated.. And a special thanks to reb Chaim, ur words mean a lot to me. So my plan going forward is to start the F2F program and put in more effort on each of the steps..

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Re: My journey

Posted by willdoit - 23 Jul 2024 04:19

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I fell again...

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Re: My journey

Posted by BenHashemBH - 23 Jul 2024 09:29

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Oysh, I'm sorry.

Just read your thread and you are a true rock of inspiration, getting back up and fighting on.

What tools or techniques have you tried in the past for shemiras einayim and unwanted thoughts? What has worked and what has not?

Hatzlacha

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Re: My journey

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Posted by willdoit - 28 Aug 2024 17:55

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Day #3. Will things be any different this time??? I definitely Hope!

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Re: My journey

Posted by willdoit - 29 Aug 2024 15:44

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Day 4 bh.

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Re: My journey

Posted by willdoit - 30 Aug 2024 13:19

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Day #5. I did check out some women on the streets - I just needed to make sure they're ok, no?!  
Anyways, hope to do better in this Regards today.

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Re: My journey

Posted by levaryeh - 30 Aug 2024 13:40

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Wow, you are a true warrior, getting back up after those long streaks. Also super impressive  
that you've been able to stay clean so long. You clearly have what it takes to stay clean forever  
IYH

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Re: My journey

Posted by willdoit - 01 Sep 2024 14:56

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Day #6, bh

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Re: My journey

Posted by willdoit - 03 Sep 2024 16:21

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Day #8.

My financial stresses is so hurting, And when wife is complaining about feeling choked, it hurts even more. Being that she never spends on extras, so when she's saying how hard it is fir her - it feels terrible.

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Re: My journey

Posted by willdoit - 04 Sep 2024 15:21

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Day #9. Tyh!

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Re: My journey

Posted by willdoit - 05 Sep 2024 21:58

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Day #10

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