

This time will be better

Posted by joetyh - 14 Jan 2022 10:58

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hey people!!! just had a fall 2 nights in a row after building my streak to 5 days... but you know what, 5 days, that was pretty impressive. I have made myself sort of reliant on videos to entertain myself during bein hasedarim and after night seder which means i occasionally need to access youtube which is a killer because it starts with downloading just some fun vlogs and/or product reviews and it goes downhill from there. I need to find a way to be able to get some videos (I dont think i can quit cold turkey from watching and 613tube isnt an option) but not falling down that terrible rabbit hole of the "How bad of a video can i find on YouTube). besides for youtube theres the plain urges that come and I just feel powerless against them. I try to beat them but its so so hard to. even the smallest trigger (i.e. seeing a random pretty girl in the street) can just set me off on a bad day. I really want to be clean!!! I really do!!!! But I feel like as soon as the urge comes I just decide that "it's just this time" and I'll find an excuse to justify it.

I'm on day 1 now. My goal right now is 1 week. I think I can do it and I know it will be very painful but I'm ready.

any suggestions or if you can relate hop on to this topic

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Re: This time will be better

Posted by sleepy - 20 Jan 2022 05:47

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[joetyh wrote on 19 Jan 2022 15:55:](#)

i have a bunch of these mindfulness audios downloaded i need to start listening to them

i know, thats the hard part...

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Re: This time will be better

Posted by joetyh - 20 Jan 2022 07:04

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yes actually getting to listen to them is difficult cuz it would be weird if some guy walks into my

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room while I'm zoned out taking them deep breaths.....

Re: This time will be better  
Posted by joetyh - 20 Jan 2022 07:35

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we on day 3!!! B"H!!!!!! Now the goal is Day 4....

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Re: This time will be better

Posted by joetyh - 20 Jan 2022 07:43

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I'm a little nervous about the weekend... I'm going away for shabbos with a bunch of families and many of them have older girls which can be triggering...

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Re: This time will be better

Posted by joetyh - 20 Jan 2022 07:46

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but I gotta keep in mind it's normal for a man to have taavos and just because I get triggered it doesnt mean I have to have a fall.... I can just shrug it off and move on to enjoying shabbos. and thats what I am going to do BezH!!! (and obviously try to keep my eyes away)

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Re: This time will be better

Posted by Human being - 20 Jan 2022 10:10

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You are amazing. We believe in you. You will succeed!

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Re: This time will be better

Posted by joetyh - 20 Jan 2022 20:22

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before I arrived in this place for Shabbos I took the advice of some chashuve people here and I davened for all these wonderful girls to have a great shabbos and give nachas to their parents which brought me an awareness that they are human. they are regular people... they are not there for my pleasure...

Looking forward to an amazing shabbos!!!!

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Re: This time will be better

Posted by joetyh - 21 Jan 2022 08:38

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Day #4!!!!!!!!!!!!!! I know I can do this!!!! it'll be a week b4 I know it Bez"H!!!!

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Re: This time will be better

Posted by joetyh - 22 Jan 2022 19:00

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5 DAYS!!!!!!!!!!!!!! This is the streak I have hit a couple of times but now is the crucial time.... We gotta beat this I know I can do this!!!! I gotta be on guard!!!!

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Re: This time will be better

Posted by joetyh - 23 Jan 2022 00:04

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I do not recall doing more than 5 days of no mzl or inappropriate vids in probably a year.... so we got to be on guard...

THINGS TO KEEP IN MIND:

[list=1]

[\*]women are not sex toys they are not here for my pleasure.

[\*]women are regular people just like me and assuming the rest of the guys here aren't robots....  
(cringe)

[\*]the relationship status between me and the pretty Bas Yisroel passing me on the street is that I respect her space and I don't look at her for pleasure

[\*]I don't want to even just check out that video, it cant be that bad because it probably is. (If it needs justification somethings not right)

[\*]I need to reset the way i look at sex life if I want to have a healthy marriage BezH so a small fall isnt a small fall in the long run

[\*]I need to throw myself into learning more than ever cuz I dont want to have space to host inappropriate thoughts

[\*]I need to stay calm and mindful (I will listen to those audios ly"H every day this week)

[\*]Watching videos even kosher ones will not help me (that doesnt mean i cant watch but i should try to find other outlets)

[\*]if anyone has any other tips LMK!!!!

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Re: This time will be better  
Posted by joetyh - 23 Jan 2022 06:44

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DAY 6!!!!!!!!!!!!!!!!!!!!

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Re: This time will be better  
Posted by Human being - 23 Jan 2022 10:14

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I knew you would get past day 5! YOU CAN DO IT

keep it up brother your an inspiration.

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Re: This time will be better

Posted by joetyh - 23 Jan 2022 10:56

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i have to stay calm and not get nervous about this or start stressing about maybe falling...

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Re: This time will be better

Posted by joetyh - 23 Jan 2022 13:59

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I don't know if it's important to share but I was whatsapping my very very close friend who is also on GYE (i have no idea who he is...) we were talking about how far we are going and I just started crying... again I STARTED CRYING!!!!!!!!!!!! all those hot tears that were stuck inside came rolling out. It felt soooo good my eyes still feel it.... (this was a half hour ago) So picture this I'm sitting on my little couch in my room in my dira on my laptop just balling and my roommate walks in..... the confusion on his face..... so than I was crying and laughing at the same time

Tomorrow it will Bez"H be my first time clean for a week in God knows how long

I just want to say I am so happy I was able to cry (if anyone knows why I would just start crying please LMK I wanna make sure I'm not snapping lol)

Thank y'all for being here!!!!

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