

Failed by watching, need to avoid falling tmm

Posted by Bilaam Harasha to Yosef Hatzaddik - 16 Jan 2022 22:43

Today I actually matched the previous highest number of consecutive days I have been able to go without m. Tomorrow will mark one more day than my previous highest streak but I don't know if I'll make it. I spent about 3-4 hours today watching p after asking my mom to take off my filters. That's the only loophole that exists in my filter and it's because I haven't told my mom about the struggle. I didn't m but there were some slight emissions. Does anybody know if that's seed or pre-seed? Because that then defeats the whole purpose of me not m, not that I should go and do it but to really avoid watching it. And I don't want to watch the stuff either but the pull has been getting really hard lately and I feel like garbage. I don't even know if I should restart the count and if I did emit seed then I failed entirely and lost it. I don't want to be a streak freak or anything but I just feel like garbage and Watching that for so long in a straight period is making me feel confused right now.

I don't know if this is the right place for this, I just need answers and to get out of this thought process. It's so depressing and confusing and my head doesn't feel the same.

=====

====

Re: Failed by watching, need to avoid falling tmm

Posted by Shtarkandemotional - 09 Feb 2022 22:02

Hey! Any update on how you plan moving forward?

=====

====

Re: Failed by watching, need to avoid falling tmm

Posted by Bilaam Harasha to Yosef Hatzaddik - 09 Feb 2022 23:31

I contacted apple support to put in the proper hishtadlut to get this problem hopefully fixed. My mom doesn't have any problems with giving me her phone so it's another device I need to have filtered. Aside from that there are definitely changes I need to make internally as you suggested. I haven't got around to them just yet but I will soon. Dealing with apple support took a long while. I have been reviewing the cost benefit analysis from the flight to freedom program in the meantime.

And thanks for checking in on me. I really
appreciate it.

=====

Re: Failed by watching, need to avoid falling tmm
Posted by Bilaam Harasha to Yosef Hatzaddik - 22 Feb 2022 22:24

I'm posting again because a few days ago a friend from my high school, who's secular and with whom I was actually pretty close, hit me up and that had wild effects on me. I kept the conversation as mature as I could and I did on my end but afterward my thoughts were just out of control. The effects it had are just so weird.

I actually just read prior to this in mesillat yesharim that one thing that detracts from zechirut is a sense of levity and mockery after rereading the last portion on zechirut. And that by the way was what constituted our relationship entirely and now I get lost in thought about thinking about the things we would talk about after our conversation. And I mean like finding something clever to say that's funny but in today's generation and around the goyim of today, clever things are at the very least lashon hara if not also on the topic of immorality. So somehow from him hitting me up a few days I'm trapped about thinking like this somehow (and not coincidentally) thoughts of actual immorality (in regards to watching p) started entering my head again and I find it hard to get rid of them again. Before this it wasn't as hard. I also say above that it didn't happen coincidentally because the ramchal there also states that levity and mockery lead to immorality, which shocked me when I realized the chochma behind the statement because I can actually relate to that. As a matter fact I saw it in highschool, the goyim would say the most disgusting things as jokes, specifically on the topic of p and that would be the jokes among them, and they would even show each other pictures of the male actors in the videos with no clothes on as jokes.

I don't know what to do about these thoughts or how to distance myself from them, please let me know anything that can help, in particular from thinking about this friend and our previous relationship. I really think that's the source of my descent right now.

=====