

**Damage Of Numbers And Streaks!**

Posted by Shtarkandemotional - 03 Apr 2022 18:03

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In my journey I've suffered a lot from numbers and streaks! I wanna make a thread for it where everyone can share they're bad experiences with it so we can create more awareness that it's really not a method that works for everyone..

the first thing I wanna express is, it causes us to forget our whole original goal! It also strengthens the perfectionist way of thinking! Why don't people count a streak for Lashon Hara? Or krias shema ? Our original goal to keep the Torah as a whole the best as possible is often forgotten. We're often left off with obsession about something that has nothing to hang on. If someone would lust once a year he's not in a worse of a state then someone who does another aveira to a similar severity once a year.. Yet, because our brains got so drenched in this idea streaks become a huge monster someone who falls even on day 25,000 he's a bad person in a deep pit Meanwhile someone who never made krias shema and talks lashon hara all day but never ruined his porn streak he's on a crazy high madrega!

This way of thinking can't be further from the truth!

does anyone agree? Disagree?

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**Re: Damage Of Numbers And Streaks!**

Posted by Shmuel - 06 Apr 2022 13:03

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In 12 step groups there is a saying that goes something like "We talk in **I** not the **WE** or the **YOU**".

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**Re: Damage Of Numbers And Streaks!**

Posted by Sapy - 06 Apr 2022 16:55

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May I also chim in a bit the way I see it?...

GYE covers a wide spectrum of PMO issues. There is the guy who needs 'chizzuk' in shmiras eineim, nisyoyes, nfilos, yetzer horah, etc a bucher who falls and masturbates once in a month, or who just figured out he shouldn't do it. For those usually they need the push, chairleeding, say tehilim, make a tafshic, walk beforehand, say ashrei backwards, make jumping Jack's on your hands, you dont want to, your the best etc etc.

Then there are the ones who struggle.... they tried all of those 'Tricks' 8 years ago, they know that it entails more then 'nisyoyes', all the above tools might be helpful but it's good for once, they will get back there after saying the whole chumash and Rashi twice, with their feet in ice. Those guys usually know that there is hard work for them in order to get clean, sober, and okay. Therapy, 12 steps, meetings, phone calls, and work work work...

Now, there is an important place for both of these guys to help others, but one must not forget his place, a guy who came here and got clean in a month with a little chairleeding, has NO idea about addiction, nor should he claim he does, he can and should share what has worked for him, and it will definitely help guys in his stage of struggle, but to come and tell GYE, "I got the trick! Your working hard for nothing, just a few minutes a day that masturbating isnt great and spoof!" Is..... it's like coming on to a cancer center and saying, "I also felt weak, and I ate chicken soup! Drop the chemotherapy!"

(and the same idea is when they go against a method with absolute terms)

Dont get me wrong, GYE needs guys like that who give ideas, tools, chizzuk, etc especially for newcomers, to which "strugglers" have a hard time relating to, but to think that you've got the "trick" to cure addiction, is a stretch-and rubs on people who really struggle. I've got news for you, No it will not cure them....

I hope you understand, and I tried to be very gentle, I wrote and erased a few time so it doesn't come across direct, I hope it doesn't. And I truly appreciate the work of guys like yourself, Imho it is very important.

P.s. about your @trouble request, let's not focus on people, let's stick to topics. (FWIW I think you also dont have a thread about your struggles and what worked for you....)

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Re: Damage Of Numbers And Streaks!  
Posted by Trouble - 06 Apr 2022 18:15

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hmmm..... so judging by the amount of thank you's you received, it doesn't seem that the folk here agree with you too much. i am truly humbled by the amount of support i got, and it is somewhat difficult for a haughty fellow like myself to be humbled - it's almost like an exotic dancer attending a rabbi falk seminar.

before i get to "what works for me" or "what hasn't," i just wanna let the fellows know that they should never hold back from throwing the kitchen sink at me; i don't care if it's filled with glass dishes or yesterday's egg salad; it's perfectly fine by me. never delete a sentence or a post on my account. i was told that there were some ferocious nauru jokes going around, using words that even adele would not say on public television; please, don't keep them to yourself.

regarding my personal history and what i have found helpful, i have bared my soul (and more) countless of times here (and like a poster above mentioned - others simply preach), but i will again. i have been addicted to many variations of sex and eroticism and self-pleasuring for a decade or two or three; i have experienced and engaged in many types of recovery as well - therapists, mentors, took oaths and vows, specialists, sa meetings, phone meetings (if cords could only bring back his group - i'm trying to count on one hand how many times i missed one of his calls), read all the books many times over, 90-day challenge, worked the steps, studied mussar, talked to many folks, spoke with my rebbe. there was success there - for extended periods of time as well. and at the same time, like i said, i have engaged in behaviors that not many here can say the same.

i've been busy the past two months, so i'm doing well, but my intentions for future actions are not good to say the least.

**resting on the command ridge, nauru's highest point**

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Re: Damage Of Numbers And Streaks!  
Posted by Captain - 06 Apr 2022 19:13

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Maybe it's only me who's interested, but would you care to rate from 0-10 how helpful each thing you mentioned was for you:

therapists,

mentors,

oaths and vows,

specialists,

sa meetings,

phone meetings

(cordnoy's phone meetings)

books (also if any were helpful you could share with us which)

90-day challenge,

working the 12 steps,

studied mussar,

talking to folks,

speaking with your rebbe.

Also, I wanted to say that i'm very impressed that you put in all this work. You are a true inspiration.

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Re: Damage Of Numbers And Streaks!

Posted by 5Uu80\*cdwB#^ - 06 Apr 2022 19:32

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Hi trouble. Thank you for sharing this and giving some more context about your journey. It helps me to read this post of yours.

Agav, I want to ask you something that I've wondered now for many months:

Do you actually live in Nauru, or is it just a joke I don't get?

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Re: Damage Of Numbers And Streaks!

Posted by Trouble - 06 Apr 2022 19:54

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[5Uu80\\*cdwB#^ wrote on 06 Apr 2022 19:32:](#)

Hi trouble. Thank you for sharing this and giving some more context about your journey. It helps me to read this post of yours.

Agav, I want to ask you something that I've wondered now for many months:

Do you actually live in Nauru, or is it just a joke I don't get?

pleasure; it started as a joke - as i do not use capital letters (only lower case - for the shift button on my keyboard is generally broken), i used nauru as an example, for it is the only country in the world without a capital. however, it has grown on me and others, so now i live here.

**anabare bay, nauru, just finished praying vasikin**

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