

Help with commitment

Posted by avifl - 21 Sep 2023 22:49

I was in this pattern where in yeshiva I would do M all the time and every time I got home from yeshiva I would "catch up" on the watching. Now, since before Rosh Hashana I decided that this bein haz I am going to go for the fight but now the enthusiasm is gone and I dont know how long I'll be able to hold out for... I am in the middle of a near 2 week clean streak from M but not sure how long its going to last as I just travelled overseas back home and that made it incredibly hard and I am starting to think that I have fought enough and I can just give in already. Someone help me please... Thanks alot

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Re: Help with commitment

Posted by Grant400 - 21 Sep 2023 23:01

Welcome!

Why do you want to stop? Why is it worth giving up the pleasure?

Also, don't focus on holding out for 2 weeks, hold out for another hour, then another....

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Re: Help with commitment

Posted by avifl - 21 Sep 2023 23:22

Thanks for the reply.

I want to stop for a few reasons. First of all, I Know it's wrong. Second of all I want to break out of this habit by the time I am ready for shidduchim as I understand that porn can and does severely affect relationships. Third of all I just really want to be good an get closer to hashem and I feel that M is a major blockage to that.

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Re: Help with commitment
Posted by Grant400 - 21 Sep 2023 23:35

Awesome. Keep that in mind. Especially the second one.

You can do this. It's a process. Keep posting.

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Re: Help with commitment
Posted by ainshumyeiush - 21 Sep 2023 23:57

I read this and for real im in the same situation right now. M in yeshiva (with some p) , just got home, i usually catch up when im home, trying to stop, starting shidduchim winter, losing that initial enthusiasm etc. Pm or call me (my google voice number is below) i can imagine its easier with a someone going thru the same thing.

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Re: Help with commitment
Posted by EccentricComposer - 22 Sep 2023 02:06

Feel free to contact me, hatzlacha!

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Re: Help with commitment
Posted by Captain - 22 Sep 2023 13:06

Welcome!

Check out The Battle of the Generation. (See the link below in my signature. From there you can download it free, and there also is a link to buy it on amazon for around \$10.) It's a real

game-changer, especially in having the right attitude on our challenges.

Also if audio is more your thing, check out The Fight by Rabbi Ben Tzion Shafier. (Link is also below.)

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Re: Help with commitment
Posted by yippidoo - 22 Sep 2023 13:45

You are not alone, Your struggle is real, it's essential you find what to do with your time (play ball, garden something you enjoy doing) keep in touch with friends, and learn Torah. You need to thank Hash-m you found GYE while you were still young (it gets harder to stay clean as you get older), I struggled for 14 years, '???? ?' I am clean now.

It's imperative that you complete Flight to Freedom (by Rabbi Schaifer) on the GYE home page, you'll learn to urge surf and other techniques. if you have a smart phone sign up for Vayimean daily WhatsApp app videos Shmiras Enayim videos. These daily reminders will help you stay committed as you'll learn techniques to avoid urges and get fuel to stay clean urge by urge day by day and forever stay Tahor.

Because you're in the Parasha, Reb Benzion Shafer has a book called 10 dumb mistakes smart couples make, this will be very useful for dating and staying married. I took the web seminar and '???? ?' my marriage is amazing

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