

From now until MYK

Posted by ki sorisa - 01 Oct 2024 14:07

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Hi all,

Just opening this thread to track my progress from now until after YK and for accountability (if it all possible on a anonymous forum..)

My goal is to abstain from porn, masturbation, chat lines and any internet search with the intent to feed my lust.

honestly, not sure how this is gonna be of any help, but a friend of mine on the site has been pushing me to do it. I can only try. Yesterday was day one

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Re: From now until MYK

Posted by richtig - 01 Oct 2024 14:54

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[ki sorisa wrote on 01 Oct 2024 14:07:](#)

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Every step is worth it. You keep on trying. You are an inspiration. The difference between a tzaddik and others is that the tzaddik gets back up and tries again.

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Re: From now until MYK

Posted by ki sorisa - 02 Oct 2024 03:10

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Day 2, although total lack of control with watching my eyes in the streets. Hopefully one day.....

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Re: From now until MYK

Posted by stopsurvivingstartliving - 02 Oct 2024 08:13

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I am past 3 weeks and my streets are a disaster. To quote someone I was talking to about this: He told me that it took him hundreds of clean days from porn and masturbation to gain full control of his eyes. For now lets focus on P & M.

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Re: From now until MYK

Posted by BenHashemBH - 02 Oct 2024 12:37

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Shalom Brother Ki Sorisa,

StopSurvivingStartLiving is right. Take it one step at a time and it takes time.

If once in an entire day you can look away, celebrate that. Tomorrow it might be two times. Keeping your mind on the positive will help you feel good about progress and nurture building new habits.

Also daven. Ask Hashem for help. Perhaps say the tefillah for shemiras einayim in the morning or before heading out.

Hatzlacha and a gut yur

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Re: From now until MYK

Posted by ki sorisa - 06 Oct 2024 02:53

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Gut voch, day 6.

Succeeded a couple of times over last few days at not glancing a second time at women in the street. Other than that tbh was smooth sailing. Based on past experience it is around the two to three week mark when the going starts getting rough. Will enjoy the ride for the meantime. Gemar chasima tova to all of you!

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Re: From now until MYK

Posted by Muttel - 06 Oct 2024 03:16

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Keep it up buddy. We're rooting for you!

Muttel

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Re: From now until MYK

Posted by iyh50 - 06 Oct 2024 04:20

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Keep it up! Take it one day at a time...Just keep saying "Not today, not today", and before you know it you'll be quite far along!

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Re: From now until MYK

Posted by odyossefchai - 06 Oct 2024 04:32

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[ki sorisa wrote on 06 Oct 2024 02:53:](#)

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Brother what an achievement.

I'm right with you on how hard it is.

Have you tried reaching out to some people on this site?

Make some friends.

I have found it to be extremely beneficial.

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Re: From now until MYK

Posted by ki sorisa - 06 Oct 2024 12:46

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I have found it to be extremely beneficial. Thank you, yes I've spoken to quite a few wonderful people from here by now and even met some in person. I thought that perhaps that would help in some way but unfortunately I didn't find that to be as expected. Don't get me wrong, they are the most amazing people ( You all know who you are). It's just that I get to a place where I feel complacent and I feel good about myself again and I forget about everything else and I lose my interest to wanna fight. Reaching out to people has perhaps help me push it off a day or two and perhaps get some things off my chest that are weighing me down but ultimately, I end up isolating myself and go back to bite my own poison.

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Re: From now until MYK

Posted by ki sorisa - 07 Oct 2024 02:27

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Day 7.

Sunday is normally a very difficult day of no learning, watching kids as wife runs on errands and the whole clan doing errands with all the crankiness and I'm just left feeling very unproductive, blah which in turn leads me down lust lane. Today was different bh although I didn't get any torah in (and ain't feeling good abt it) but i stayed very productive with other things which helped me not feel that tremendous dissatisfaction with myself. Hoping the rest of the week goes well

good night brothers!

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Re: From now until MYK

Posted by ki sorisa - 08 Oct 2024 02:52

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Day 8

Bh no real urges today

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Re: From now until MYK

Posted by shimon1836 - 08 Oct 2024 03:26

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one day at a time. hashem sees our struggle and just wants you to do your part. we are not  
[angels.shimon1836@gmail.com](mailto:angels.shimon1836@gmail.com)

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Re: From now until MYK

Posted by ki sorisa - 09 Oct 2024 03:17

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Day 9.

busy day at work which is good news for the Jews but wife was being quite nagging throughout the day , also extremely tired and had a simcha tonight and feasted with my eyes. In general simchos always leave me with a very longing feeling and quite lusty so feeling like ya... but gonna retire and see what tomorrow brings.

gnite brothers

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Re: From now until MYK

Posted by shimon1836 - 09 Oct 2024 04:16

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i know the feeling. simchos are challenging. BUT HAVE A GREAT NIGHT, GOD LOVES YOU  
ME AND ALL OF US!!!@!!!!!! SHIMONED1836@GMAIL.COM

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