

From now until MYK

Posted by ki sorisa - 01 Oct 2024 14:07

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 odyossefchai - 22 Oct 2024 03:17

I can somewhat relate.

Cravings were there, as was the nudging with the wife. On my end! (I'm the moody one, and she's the pregnant one-I can't explain it!!!)

BH my kids are easy on me, and they ran around the 'chol hamoed extravaganza' while myself and the 'chayah' sat and shmoozed. I had to talk to her (not only because she's my wife of over 15 years and the mother of my children, but) because I couldn't get a hold over my eyes. They were flying all over town.

Luckily we were only there a couple of hours.

She did pick up on my grumpiness and she would probably be ok if I explained why I was grumpy but for whatever reason, I didn't want to explain to her that there were hundreds of gorgeous looking women out there!

Anyways, here's a hand to you my fellow brotha from another motha (maybe. Or you may be my actual brother!) and may Hashem bless you with strength to ride out the overwhelming waves that sometimes (threaten to) topple us and overwhelm us.

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Re: From now until MYK

Posted by ki sorisa - 22 Oct 2024 15:42

Thank you all for your thank yous and replies. Went to sleep early last night for everyone's sanity including my own. Bh feeling better today and feel better equipped to deal with life's challenges. Hoping the chol hamoed extravaganza today isn't too difficult. Wishing all of you a wonderful day!

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Re: From now until MYK

Posted by ki sorisa - 23 Oct 2024 01:41

Bh a better day mentally and emotionally. This is the second time in my life coming into ???????
??? clean.

I wouldn't describe the way I feel necessarily that I'm feeling all good pumped with myself and don't necessarily feel any more connected to hashem. It's just that I am not walking into this special day with this overbearing feeling of self disappointment ridden with shame and guilt as I normally would be which leads me to the following thought.

I tend to only know how to connect my heart to hashem through the feelings of brokenness and distance and being that I'm feeling sort of complacent right now it gets more difficult for me to connect and daven to him and I have a hard time forming any other emotional relationship with him.

So although this year I may not shed any tears under my tali's as the pain normally pierces my heart with the words ???????? ??? ?????? ???????? I will still try my best and have you all in mind as I say these beautiful words to our father in heaven on this holy day.

May we finally be zoche to the ?????? ??? that we are all yearning for.

Any thoughts regarding my inability to connect emotionally to hashem other than form a place of

brokenness is welcome.

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Re: From now until MYK
Posted by odyossefchai - 23 Oct 2024 01:51

I wish I had answers.

At the moment, all I'm focused on is staying clean. And BH it's working. I have 10,000,000 other challenges in my life. (ok I'm exaggerating, it's more like 100,000,000,000,000,000,000,000,000)

Right now, my davening is maybe a little better, but I wouldn't say that my relationship with Hashem is on a high level. Some other things, I don't have the energy to work on right now.

And I'm ok with it.

Maybe my dveikus to Hashem is on a lower level than it has been in the past. (Assuming that we are meant to walk around all day totally devoted to Hashem, that just sounds like the stuff in fairy tale books. For most people, this is a lifetime of work, of challenge, of trying to get closer, trying to feel the love and connection)

I think that by not forcing my relationship with Hashem, I'm in a much better place.

I used to try more but then again, I was carrying 20+ years of M and 15+ years of P.

Was that better? Walking around knowing that no matter what I do, I will fall. Knowing that I don't have a way to stop M? For me, I would say, definitely not.

Right now I have unburdened the weight off my shoulders. I no longer carry around the need to M several times a week. I don't carry around the desperation to run to P for many hours a week just because I'm in a bad mood or because I need it for whatever reason (wife rejects me or whatever)

I'm burden free from those things for now. That's my focus and joy. That's actually what I know Hashem wants me to throw away. I'm happy in my place in this area.

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Re: From now until MYK
Posted by ki sorisa - 23 Oct 2024 02:07

Yes, I'm telling myself the same thing was just curious to hear others perspective on this. Like I'm always unsure if it's just a messed up thing by me due to my painful upbringing and lack of father in any emotional way that makes me only relate in this way to him. Wtvr. I find it really hard to express myself properly especially in writing. It takes me way too long to write in a way that I feel I'm conveying accurately how I feel but I appreciate you responding

But yeah I def know that this is way more important than me having any so called "feelings" of connection

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Re: From now until MYK
Posted by Muttel - 23 Oct 2024 02:42

How about the same you'd connect to your human father?

Ta, I love you. Thank you for saving me from the cesspool of pornography and masturbation. Thank you for infusing kedusha into my life. Thank you for providing me with the friends that can help me reach my potential after so many years of feeling guilt and pain. Thank you Ta for this cleansing, and thank you for doing it now and not when I'm an old man...

Ta, one more thing. Can you please help me continue to grow and help others achieve this magical freedom? It's literally life saving....

This is what I do.....

With such happiness at your success,

Muttel

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Re: From now until MYK

Posted by ki sorisa - 23 Oct 2024 03:05

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MuttelThe script looks right but I never experienced any emotional feelings with my father so can't relate to that invoking any feelings. I guess in general in life I don't really feel much I sort of numbed myself and only feel pain. I don't really ever get happy or excited over anything and

am always searching for meaning..connection... feeling..

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Re: From now until MYK

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[Muttel wrote on 23 Oct 2024 02:42:](#)

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Re: From now until MYK
Posted by ki sorisa - 23 Oct 2024 03:06

[Muttel wrote on 23 Oct 2024 02:42:](#)

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Re: From now until MYK
Posted by Muttel - 23 Oct 2024 09:34

I'll tell you one of my secrets. I don't really experience these with my father much either. Sometimes a bit, but not regularly. Kinda complicated. But I started talking this way with Hashem based on R Avigdor Miller. It slowly seeps in and now I can invoke some emotion/connection when having these conversations, understanding that He is listening and loves me too.....

Try it!

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Re: From now until MYK
Posted by redfaced - 23 Oct 2024 13:40

[Muttel wrote on 23 Oct 2024 09:34:](#)

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Me neither, which is why its something that I try my hardest to make sure that my kids do have

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Re: From now until MYK
Posted by chosemyshem - 23 Oct 2024 15:49

[ki sorisa wrote on 23 Oct 2024 01:41:](#)

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Fantastic post, thank you for sharing.

Mad props on coming into Hoshana rabbah clean, and I'll join in your simcha as it's a first for me too!

Re: connection to Hashem. 1) Go read Dov's nuclear reset button post several times. 2) I felt the same way this Rosh Hashana and Yom Kippur - like if I'm not broken with guilt I don't know how to do teshuva. 3) Needing to relearn the basics is fine. That's how life goes. Put in the work

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Re: From now until MYK
Posted by ki sorisa - 23 Oct 2024 18:44

[Muttel wrote on 23 Oct 2024 09:34:](#)

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Knowing that you can somewhat relate to the father son disconnection and are working on the things you wrote about make your words more meaningful to me . Thank you

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Re: From now until MYK
Posted by ki sorisa - 23 Oct 2024 18:50

[redfaced wrote on 23 Oct 2024 13:40:](#)

[Muttel wrote on 23 Oct 2024 09:34:](#)

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Me neither, which is why its something that I try my hardest to make sure that my kids do have

I would love to say that I try my hardest as well but I feel myself failing more than succeeding in this area. I always find myself reacting as my father did with me and it kills me. Like a huge disconnect between what I know and how I feel and react. Sometimes I'm more aware in the moment and tell myself to be more patient accepting and loving but it so so hard when not having it engrained naturally from my own father. I feel like I was never given the manual

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