

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

=====
=====

Re: From now until MYK

Posted by rebakiva - 03 Nov 2024 04:52

why not call a "human chat guy" who can help keep strong and just shmooze to distract you abit

=====
=====

Re: From now until MYK

Posted by ki sorisa - 04 Nov 2024 03:03

....fell...

I know that what differentiates the men from the boys are those that get back up and continue but actually want to just knock myself out entirely and have no desire to try again at this moment.

=====
=====

Re: From now until MYK

Posted by richtig - 04 Nov 2024 03:04

[ki sorisa wrote on 04 Nov 2024 03:03:](#)

....fell...

?

=====
=====

Re: From now until MYK
Posted by ki sorisa - 04 Nov 2024 03:22

[richtig wrote on 04 Nov 2024 03:04:](#)

[ki sorisa wrote on 04 Nov 2024 03:03:](#)

....fell...

?

You are correct not sure why I refer to it as a fall. I actually stood at the edge of the cliff and thought about it long and hard how I am going to regret it and how much better by life was without it and as those thoughts raced back and forth I just jumped like a retard knowing good and well that I was lying to myself and that I would suffer.

=====
=====

Re: From now until MYK
Posted by ki sorisa - 10 Nov 2024 05:43

Not been great since my walk off the cliff...also going through a big nisayon in a different area of life which leaves me feeling like hashem is punishing me for my acting out. Although I

intellectually know it's not true but thats how I feel and it feels horrible.

Want to just numb myself but know that I'll only feel worse after. Lose lose situation. Sorry for being so bleak. Like reading all the positivity here on this site now is just giving me a headache. Wishing I had the strength to rejoin and start again ...maybe...

=====
=====

Re: From now until MYK
Posted by rebakiva - 10 Nov 2024 05:56

I feel {at least to the best of my ability} your pain

with love Akiva

=====
=====

From now until whenever all that matters is now
Posted by chosemyshem - 10 Nov 2024 17:11

[ki sorisa wrote on 10 Nov 2024 05:43:](#)

Not been great since my walk off the cliff...also going through a big nisayon in a different area of life which leaves me feeling like hashem is punishing me for my acting out. Although I
Rooting for you brother here's a tear
Intellectually know it's not true but thats how I feel and it feels horrible.

Want to just numb myself but know that I'll only feel worse after. Lose lose situation. Sorry for being so bleak. Like reading all the positivity here on this site now is just giving me a headache. Wishing I had the strength to rejoin and start again ...maybe...

The worst part of positivity is when it manages to make you feel better despite you hating it and wishing it would go away.

But I'll leave the chizuk to others (besides for noting that you need to update the thread title since you blew way past motzei yom kippur.)

I agree with you. It is a lose lose situation. Oy li m'yitzrei oy li m'yotzrei. Masturbate and feel like garbage or don't masturbate and feel pressure and pain.

And that's fine. You're allowed to feel pain, you're allowed to feel like Hashem is punishing you and you're allowed to resent that. Feel whatever you want. It's normal, and it's all fine.

But that doesn't mean you *have to* give in.

=====
=====

Re: From now until MYK
Posted by youknowwho - 10 Nov 2024 18:14

[ki sorisa wrote on 10 Nov 2024 05:43:](#)

Not been great since my walk off the cliff...also going through a big nisayon in a different area of life which leaves me feeling like hashem is punishing me for my acting out. Although I intellectually know it's not true but thats how I feel and it feels horrible.

Want to just numb myself but know that I'll only feel worse after. Lose lose situation. Sorry for being so bleak. Like reading all the positivity here on this site now is just giving me a headache. Wishing I had the strength to rejoin and start again ...maybe...

=====
=====

Re: From now until MYK
Posted by youknowwho - 10 Nov 2024 18:20

[ki sorisa wrote on 10 Nov 2024 05:43:](#)

Like reading all the positivity here on this site **now** is just giving me a headache.

Feel you. In fact, I *a*lways feel like it gives me a headache.

Yet, I try to stick it out. Hold my nose. Shove it down my throat, desperately hoping that it will eventually rub off on me.

REVERSE BRAINWASHING IS THE NAME OF THE GAME

?REVERSE BRAINWASHING IS THE NAME OF THE GAME

?REVERSE BRAINWASHING IS THE NAME OF THE GAME

?REVERSE BRAINWASHING IS THE NAME OF THE GAME

?REVERSE BRAINWASHING IS THE NAME OF THE GAME

?REVERSE BRAINWASHING IS THE NAME OF THE GAME

?REVERSE BRAINWASHING IS THE NAME OF THE GAME

Warning: Spoiler!

=====
=====

Re: From now until MYK
Posted by BenHashemBH - 27 Nov 2024 13:33

Shalom Brother,

Would love to hear from you. How are you doing?

=====
=====

Re: From now until MYK
Posted by proudyungerman - 18 Dec 2024 20:01

Yes, we would like to hear from you.
Warning: Spoiler!

=====
=====

Re: From now until MYK
Posted by ki sorisa - 25 Dec 2024 03:47

Hi all it's been a while and don't got much to say. I've been floating through life for the past while and not really fighting or got any motivation to. Been falling and stooping pretty low, then clean for few days and falling again, never more then a weeks time at most.

I'm really struggling with finding any meaning in my life on a day to day basis and can't find any motivation or desire to work on myself.

All words of chizuk and advice is welcome.

Thank you to all that have reached out it means a lot to me.

ki sorisa

=====
=====

Re: From now until MYK
Posted by Hashem Help Me - 25 Dec 2024 05:10

Welcome back buddy. Sorry it is rough. There are a lot of great guys recently on the site who make themselves available to speak and "hold hands". Feel free to reach out for more info.

=====
=====

Re: From now until MYK
Posted by ki sorisa - 27 Dec 2024 01:45

Hi,

I have to admit that I didn't last too long and too ashamed to get into details but totally went at it again last night...sick and tired of making any kabalos when I'm not really feeling like I actually want to do it. Just left here really wanting to want but don't actually want. End rant.

=====
=====