

My struggles with kedushah

Posted by tzaddikvikam13 - 13 Oct 2024 18:26

I've gotten off to a nice start, right now I am starting my seventh clean week.

I'm going to be continuing my journey from where I left off in my last thread under Introduce Yourself over here.

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Re: My struggles with kedushah

Posted by iseenoevil - 13 Oct 2024 18:34

Can you share what you found has worked for you?

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 13 Oct 2024 19:13

First of all I made up my mind that I'm starting fresh, and *I just don't do these things anymore*. While it didn't change the urges themselves, it changed my attitude towards them. It just isn't an option to give in.

Second, by keeping accountability and staying connected.

In the beginning I was calling HHM every day to tell him how it was going.

And there are a few people that I reach out to whenever I'm bimakom nisayon.

Many times just telling someone that you have an urge will make it weaken or disappear.

Sometimes reaching out gives me accountability, and sometimes it provides a distraction.

Yasher koach to smokey, avifl, ezraw, and most of all HHM and eerie for all the chizuk and support.

Wouldn't be holding at day 43 without them.

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 13 Oct 2024 19:54

I'm looking to create a filter for a flip phone that will allow the GYE app.

I'm mainly making this for yeshiva bochurim who don't have access to GYE in yeshiva.

Anyone interested in helping out with such a project?

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 13 Oct 2024 20:21

To start off with some of the classics:

Dov's collected wisdom. ([The "Dov Quotes" thread](#)).

The scariest results of what this sickness can do to someone's life. (Pickamoniker's "[A New Experience - Lust Free Sobriety](#)" thread.)

A thread on dealing with not having Friday Night relations - a great discussion on managing with failed expectations for relations. (Chaimoigens "[Friday Night Blues](#)" thread.)

A spirited debate on how to view bochrim struggling with p&m (In Ishmgrodno's excellent "[Gardener of Grodno](#)" thread).

Perhaps *the* classic thread on recovering sholom bayis that was wrecked from p&m. (chulentking's "[Married a long time and need help](#)" thread.)"chosemyshe" post=413868

date=1716395651 catid=2

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Did I read that right?

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Re: My struggles with kedushah
Posted by chosemyshem - 14 Oct 2024 12:54

[tzaddikvikam13 wrote on 13 Oct 2024 20:21:](#)

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A very legitimate grouch. Alas. Not much I can do to help - other than suggesting marriage?

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Re: My struggles with kedushah
Posted by BenHashemBH - 14 Oct 2024 14:22

[tzaddikvikam13 wrote on 13 Oct 2024 20:21:](#)

Shalom Tzaddik,

To be boringly blunt, there are definitely discussions that can be about bochurim that should not include most bochurim. How I view your struggle and how you view it may not be compatible. I think access to the BB thread is the one problem marriage can solve

Kol Tov

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Re: My struggles with kedushah
Posted by tzaddikvikam13 - 14 Oct 2024 23:38

[chosemyschem wrote on 14 Oct 2024 12:54:](#)

[tzaddikvikam13 wrote on 13 Oct 2024 20:21:](#)

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A very legitimate grouch. Alas. Not much I can do to help - other than suggesting marriage?

How do I prove that I'm married?

Kesubah or marriage license?

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 15 Oct 2024 06:32

Just had my biggest nisayon since I started here - and I won.

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 15 Oct 2024 21:00

This is what happened:

Last night I showered at home for basically the first time since I started my fight and streak.

(I started my streak right before zman started).

I discovered that it looks like I had trained my brain that shower at home = m*****tion.

The second I got in, I started feeling an urge more intense than what I've felt for a while.

Body was tingling, begging.

Sensations, erection, and I felt like I JUST WANT TO DO IT.

But the feelings don't get to choose, I do.

And I knew that I didn't really want to do it.

But my brain said no way.

Tried tricking me into being mz"l.

I was keeping my hands off and far away, but my brain almost physicaly forced me to just shift this way and that way...

It was VERY difficult.

Because it was happening subconsciously, involuntarily, without asking me.

But I fought.

And won.

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Re: My struggles with kedushah

Posted by Muttel - 16 Oct 2024 02:15

HERO!

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Re: My struggles with kedushah

Posted by menuchashanefesh9 - 16 Oct 2024 16:01

Absolutely heroic!!

Very impressive that you identified the trigger! For me it was a big break through when I figured out that past locations of falls were major triggers. It allowed me to anticipate the struggle and brace myself for it, rather than be blindsided and feel total ??? from the enormity of the sudden ????. Keep up the amazing work!!! It will only get easier!

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 16 Oct 2024 17:53

Not sure how I'm going to manage Shabbos and yom tov afternoon.

I have nothing to keep busy with, and no support.

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Re: My struggles with kedushah

Posted by eiyantov - 16 Oct 2024 18:43

Shabbos and Yom Tov can be difficult. Especially a 3 day YT!!! But you've got this. I can't wait to hear you back here motzei first days announcing that you made it. Practically, find some, some friends, maybe family, and just keep busy. Games also. Wishing you much much Hatzlocha!!! (Wishing myself Hatzlocha too. Not looking forward to three days of alot of down time!)

Gut Yom Tov!!!

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Re: My struggles with kedushah

Posted by Muttel - 16 Oct 2024 19:21

[tzaddikvikam13 wrote on 16 Oct 2024 17:53:](#)

Not sure how I'm going to manage Shabbos and yom tov afternoon.

I have nothing to keep busy with, and no support.

Picture us rooting for you... because we will be!!

Keep up the great work!!

I wish I had your accomplishments when I was your age!!

With a heart bursting with brotherly love,

Muttel

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