

My struggles with kedushah

Posted by tzaddikvikam13 - 13 Oct 2024 18:26

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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 odyossefchai - 01 Jan 2025 12:00

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[cheerfulswan42 wrote on 01 Jan 2025 05:04:](#)

I wish I could've controlled my self, because I'm completely out of hand, I really need help. Its starting to ruin my marriage

Have you reached out to HHM?

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Re: My struggles with kedushah

Posted by amevakesh - 01 Jan 2025 12:38

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[cheerfulswan42 wrote on 01 Jan 2025 05:04:](#)

I wish I could've controlled my self, because I'm completely out of hand, I really need help. Its starting to ruin my marriage

Welcome brother to the forums. Why don't you tell us a little bit about yourself by opening your own thread. There's a lot of help available. We would love to get to know you. Looking forward to hearing from you!

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Re: My struggles with kedushah

Posted by amevakesh - 01 Jan 2025 12:43

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[tzaddikvikam13 wrote on 01 Jan 2025 03:24:](#)

This afternoon I found myself lusting pretty strongly for an m.

I pushed any ideas of giving in out of my head, and instead went to prepare and light the menorah.

Realized while I was lighting that I had forgotten about the urge and that it was gone.

Beautiful stuff! Throwing one's self into ??????? is the best way to combat the YH! It might not always work the way we want it to, but when it does, there's no better feeling. Keep on trucking and inspiring!

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Re: My struggles with kedushah

Posted by jollylemur95 - 01 Jan 2025 14:04

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[cheerfulswan42 wrote on 01 Jan 2025 05:01:](#)

But how can you stop if you feel that horny

I struggle with the same thing. Everyone tells me it gets easier with time. I am yet to experience it but many great people who were sure would never break free are free and helping others. Also not struggling nearly as much as they did.

One things that works not to really make it easier, but increases my motivation to stay strong is reading others stories of their victories.

But nothing more important then speaking with the greats here. Or maybe join the Vaad!

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Re: My struggles with kedushah

Posted by vehkam - 01 Jan 2025 14:17

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if you decided in advance and ingrained in yourself that you will find another outlet when those feelings seem to overcome you, it is possible to distract yourself mid urge and use that other outlet. It is not easy but it is possible. once it works once or twice it become much easier because you now know you can do it. of course it is always best to stop the thoughts (by moving on to other things) before the urges become strong

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 01 Jan 2025 15:22

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[cheerfulswan42 wrote on 01 Jan 2025 05:01:](#)

But how can you stop if you feel that horny

Because I made up my mind that I *just don't do these things anymore*.

Not that I'll fight and won't give in.

Its completely off the table.

Often, when an urge hits, I don't pay any attention to it, ignore it, and just go on with life.

But don't worry, I'm not perfect.

I fell and m'd last night.

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 03 Jan 2025 01:32

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I've been feeling pretty lonely the past few days.

But boruch Hashem I'm still pretty clean, and most of the time my brain isn't trying to send me to m to pacify. (I never consciously went to m to soothe, I would just have sudden intense urges to m when I needed soothing).

So I guess that's something to celebrate.

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 03 Jan 2025 20:33

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Didn't fall asleep last night until around 3:30, and got up at a normal time today.

I didn't shower earlier today because I was really tired and had a small urge and was afraid that I would slip up in the shower.

Now I don't feel any taavah at all, but now I'm too tired to be able to think straight enough to figure out if it's safe for me to go now or not.

Probably won't.

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 08 Jan 2025 01:04

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Bad mood, irritable, and lonely. Didn't get sleep normally last night, and I'm vibrating with restless nervous energy.

Feeling like I'm going nuts.

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Re: My struggles with kedushah

Posted by stopsurvivingstartliving - 08 Jan 2025 01:19

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So sorry to hear this. I hope tomorrow goes better.

PS Your humor in your new thread is EPIC!

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Re: My struggles with kedushah

Posted by iwantlife - 08 Jan 2025 01:30

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[tzaddikvikam13 wrote on 08 Jan 2025 01:04:](#)

Bad mood, irritable, and lonely. Didn't get sleep normally last night, and I'm vibrating with restless nervous energy.

Feeling like I'm going nuts.

Literally could've written this post, exactly my story today. I even briefly considered falling. Helps to remember feelings will pass. Hang in there my friend!

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 08 Jan 2025 01:58

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Trying to numb, drugged myself the past half hour with candy crush.

The empty stimulation did its magic for a while, until I got stuck on a level.

Time for some more tricks.

Came back here to try to get some dopamine hits from replies and thank yous.

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 08 Jan 2025 02:05

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Trying to numb, drugged myself the past half hour with candy crush.

The empty stimulation did its magic for a while, until I got stuck on a level.

Time for some more tricks.

Came back here to try to get some dopamine hits from replies and thank you's.

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Re: My struggles with kedushah

Posted by jollylemur95 - 08 Jan 2025 04:41

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You are very quickly becoming a legend here!

You never fail to inspire me with such dedication to beat this!

Please keep posting!

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