

## **GYE - Guard Your Eyes**

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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 tzaddikvikam13 - 26 Jan 2025 03:42

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Crazy week.

**Warning: Spoiler!**

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Re: My struggles with kedushah  
Posted by seekingkedusha1 - 26 Jan 2025 06:04

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The week has just begun

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Re: My struggles with kedushah  
Posted by tzaddikvikam13 - 26 Jan 2025 20:35

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But boruch Hashem I had a bunch of wins last week.

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Re: My struggles with kedushah  
Posted by tzaddikvikam13 - 28 Jan 2025 20:23

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I had a strong urge to m in the shower this morning.

I ignored it for a while, but eventually gave in.

While I was doing it, I was battling myself ("I have a pull to do this"/"I don't want to do it and I need to stop myself ASAP").

I went to my SOS tool.

(A little background - when eerie had posted *that* story ("There's a huge pit in my stomach... RBSO!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!"), I copied it into a note on my phone, and has since become my in-case-of-emergency tool.

Usually, reading it instantly sobers me up.)

And that what saved me this morning.

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Re: My struggles with kedushah  
Posted by tzaddikvikam13 - 04 Feb 2025 02:21

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The extended vikam family had a Shabbos together.

All of my cousins from the vikam side that are my age are girls.

To make things worse, all the families were seated together by the seudos.

Was a struggle throughout the weekend.

Controlled some, looked some.

Not sure which was more, or how much He was expecting of me.

Had urges to m multiple times.

Didn't give in at all.

The place we rented had a hot tub. When I used it, as soon as I sat down in it, the very hot water gave me a strong urge to m.

I fought it, and eventually got used to the heat, and the urge went away.

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Re: My struggles with kedushah  
Posted by tzaddikvikam13 - 10 Feb 2025 17:41

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Baruch Hashem, things have been going pretty well the past week.

Some urges to m here and there, haven't given in.

Life has been pretty much the same, old journey on an unpaved road: Lots of ups, downs, and potholes.

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Re: My struggles with kedushah  
Posted by tzaddikvikam13 - 24 Feb 2025 05:19

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Just checking in.

Small urges here & there.

Boruch Hashem no falls.

At the end of one day last week I was extremely drained, and had a strong urge to m.

Didn't give in.

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Re: My struggles with kedushah  
Posted by tzaddikvikam13 - 09 Mar 2025 06:02

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About a week and a half ago, out of nowhere, I started having urges to m. I fought them and didn't give in, but they wouldn't leave me alone.

Motzei shabbos I bumped into some inappropriate material online, which only made things worse, and the entire Sunday I couldn't stop thinking about what I had read. I wasn't trying to think about it, it just kept coming back. Over the next few days I cycled through some easier stretches, and some times that the urges would come back to visit. But I held strong and didn't act out.

Until Tuesday night, when I finally succumbed, ending a streak of a month or two.

Since then, the urges have been on a whole different level. The best analogy I could think of is the difference between before and after the ??? ??? ???. There wasn't just a yetzer harah, it is now *inside me*.

I now don't just have nisyonos, but urges burning with a passion on a whole different level. The struggle is 20 times harder now, but just because I fell once last week doesn't mean I'll give in again.

On Friday afternoon I was feeling very weak and tired, and started feeling an urge to m... ..until I realized that this sounded familiar, and realized what was happening. I wasn't craving m because I was weak, I was weak because my brain wanted a fix of m.

Realizing that made things a drop easier, and I fought and didn't give in.

There have been more urges since then, but I won't give in.

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 09 Mar 2025 18:45

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About a week and a half ago, out of nowhere, I started having urges to m. I fought them and didn't give in, but they wouldn't leave me alone. Motzei shabbos I bumped into some inappropriate material online, which only made things worse, and the entire Sunday I couldn't stop thinking about what I had read. I wasn't trying to think about it, it just kept coming back. Over the next few days I cycled through some easier stretches, and some times that the urges would come back to visit. But I held strong and didn't act out. Until Tuesday night, when I finally succumbed, ending a streak of a month or two. Since then, the urges have been on a whole different level. The best analogy I could think of is the difference between before and after the ??? ??? ????. There wasn't just a yetzer harah, it is now inside me. I now don't just have nisyonos, but urges burning with a passion on a whole different level. The struggle is 20 times harder now, but just because I fell once last week doesn't mean I'll give in again. On Friday afternoon I was feeling very weak and tired, and started feeling an urge to m... ..until I realized that this sounded familiar, and realized what was happening. I wasn't craving m because I was weak, I was weak because my brain wanted a fix of m. Realizing that made things a drop easier, and I fought and didn't give in. There have been more urges since then, but I won't give in.

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Re: My struggles with kedushah

Posted by hellogreen - 10 Mar 2025 01:56

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Wow. That seems extremely hard and i commend you on your amazing work.

Keep it up!!

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Re: My struggles with kedushah  
Posted by tzaddikvikam13 - 10 Mar 2025 02:14

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Had a nasty fall.

Did p&m last night, this morning, afternoon...

I was so down afterwards that I wanted to go to p&m for soothing.

Now I'm in middle of getting over the 'hangover'.

Showing up to night seder and learning a little bit helped with that.

I better be able to get back up and move on from these falls, and not get stuck in a rut.

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Re: My struggles with kedushah  
Posted by trying1989 - 11 Mar 2025 04:42

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Buddy I totally feel you. Trying to pull yourself up and get yourself out. It's so hard!!

But keep pushing yourself!! We are cheering for you!!

I'm happy to hear that you were able to show up to night seder and learn something. I always have a hard time focusing and feeling after falling!!! Good for you! You got this!!!

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Re: My struggles with kedushah  
Posted by tzaddikvikam13 - 12 Mar 2025 03:27

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Feeling nervous,restless.antsy, a bit empty, craving stimulation...

...and I want to turn to p&m.

Holding myself back.

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 25 Mar 2025 03:02

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Haven't posted in a while.

Life is too crazy, or to quote Shmuel Kunda, "a long, hard day of doing nothing."

Anyways.

Boruch Hashem the week of Purim I had a bunch of wins.

Last week I had a lot of falls, m'd a lot.

This week clean so far.

This past leil Shabbos I didn't have pajamas (they were in the washing machine, wet, because I couldn't keep my head on straight enough to make time to also dry them erev shabbos) and went to sleep in my suit pants, because I was afraid that otherwise my hands might end up where they shouldn't be.

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