

What awaits at the top of the mountain?

Posted by puremind - 15 Aug 2025 07:04

We all hear about “rewiring”, “putting the challenge behind for good” etc. it would be beneficial to have a thread where members who actually managed to “put it behind and rewire their brains” to give us some of the diamonds that awaits us once we have successfully done that.

[b]So please fellow GYE members if you can post here any changes you realized happened over your journeys.

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Re: What awaits at the top of the mountain?

Posted by vehkam - 15 Aug 2025 13:54

You can read my thread. There are many others as well.

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Re: What awaits at the top of the mountain?

Posted by mggsbms - 15 Aug 2025 16:05

Things that come to mind, and its only been 93 days

No guilt

No secrets

No shame

No regrets

No tortuous searching, with little success

No dry mouth after hours of indulging

Waking up rested

Enhanced intimacy

No pme (those thousands on therapy, what a waste of money...)

The empowering feeling of self control

Longer days

More productive days

Meaningful tefilah

Learning how to deal with issues instead of medicating them

Actually not sinning (we forgot that's still a thing, in our warped thinking)

Being moral and ethical (not being a pervert), is a value in itself.

And there's more, much more.

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Re: What awaits at the top of the mountain?

Posted by BenHashemBH - 15 Aug 2025 16:50

I have the choice to live my life the way I want to. The ownness is on me to decide what I want and fight for it. I'm (much more) in control of myself, living deliberately. Assertively. There is satisfaction and happiness in knowing that I put a lot of kochos to get to where I am (so far). The destination is nice, for sure, but the journey to get here is most of what makes it special. I didn't just fix a problem, I fixed my life. I'm a changed person, a healthier person, and my entire life is better for it. There still exists tayva, but what I have gained is so much more valuable to me that as long as I'm busy pushing for life the way I want, the way Hashem wants and feeling like the 'real me' those tayvos don't pull enough to compete.

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Re: What awaits at the top of the mountain?

Posted by BenHashemBH - 15 Aug 2025 16:56

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Re: What awaits at the top of the mountain?
Posted by puremind - Yesterday 23:16

mggsbms

Thank you, that's nice to hear, what I was referring to was more in the physical sense, like do we view women differently? do we get less triggered etc...

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