

New member - Colin

Posted by ColinColin - 04 Nov 2015 22:50

Hi

Am here because I want to change and beat my Yetzer Horah.

Single man.

As for avoiding masturbation, nothing has worked for me longer than 10 weeks.

I started with teenage masturbation.

Pornographic magazines.

Then internet porn.

Prostitutes.

One night stands.

Swingers sites.

I want to be healthy and find a meaningful monogamous relationship and please G-D get married one day.

My trigger is very much a deep emotional loneliness, when I feel this, then nothing stands in the way of my Yetzer Harah.

I need closeness and need to avoid that inner pain.

So I seek respite from it in ways which are sinful.

=====

Re: New member - Colin

Posted by ColinColin - 25 Oct 2020 01:55

I made it to one year clean.

Still have to be on guard and take each day as it comes, because even today I had the urge to fall.

But I made it to one year, even though when I joined this Forum I used to fall several times per week.

I used four main methods to keep clean:

1 - HALT.

If you are

Hungry

Angry (Resentful)

Lonely

Tired

then you are likely to fall, because you feel down and seek a quick high.

This method is an early warning system.

2.) MINDFULNESS

Treat the urge to fall as an external thought, not an intrinsic part of you.

Like a cloud, which floats away.

This method is very useful.

3.) REPLACEMENT

Distract the urge by doing something positive.

Call a friend whom you know is lonely, study, go for a walk.

4.) WILLPOWER

Only in emergencies and only once or twice per year.

You can use all you emotional strength to confront the urge to fall head on, but this is very tiring and lasts only for about 5 minutes.

Not to be relied on, it is the least successful of the methods I have used, but it has worked for me.

Thank you Hashem, and thank you all on here who have supported and inspired me.

=====

Re: New member - Colin

Posted by Hashem Help Me - 25 Oct 2020 03:47

Mazel tov! Beautiful milestone and thanks for posting what worked for you.

=====

Re: New member - Colin

Posted by Grant400 - 25 Oct 2020 12:51

Congratulations! Amazing! You are an inspiration! Thanks for sharing!

May you succeed to remain clean for year after year lasting a lifetime.

=====

====

Re: New member - Colin

Posted by Dave M - 25 Oct 2020 13:36

Mazol Tov! So nice to hear from you. Missed having you around here.

=====

====

Re: New member - Colin

Posted by YeshivaGuy - 21 Dec 2020 06:13

[ColinColin wrote on 25 Oct 2020 01:55:](#)

I made it to one year clean.

Still have to be on guard and take each day as it comes, because even today I had the urge to fall.

But I made it to one year, even though when I joined this Forum I used to fall several times per week.

I used four main methods to keep clean:

1 - HALT.

If you are

Hungry

Angry (Resentful)

Lonely

Tired

then you are likely to fall, because you feel down and seek a quick high.

This method is an early warning system.

2.) MINDFULNESS

Treat the urge to fall as an external thought, not an intrinsic part of you.

Like a cloud, which floats away.

This method is very useful.

3.) REPLACEMENT

Distract the urge by doing something positive.

Call a friend whom you know is lonely, study, go for a walk.

4.) WILLPOWER

Only in emergencies and only once or twice per year.

You can use all you emotional strength to confront the urge to fall head on, but this is very tiring and lasts only for about 5 minutes.

Not to be relied on, it is the least successful of the methods I have used, but it has worked for me.

Thank you Hashem, and thank you all on here who have supported and inspired me.

Wow! Hope I'm not too late to say MAZEL TOV!

You are a tremendous chizuk and inspiration!

It would be a zechus to have you around more often, we can use more veteran expertise...

Anyway, Keep shteiging!

=====

Re: New member - Colin

Posted by ColinColin - 25 Jan 2021 23:05

I fell after my record clean streak of 461 days.

I was Hungry, Angry, Lonely and Tired.

I should have seen those warning signs, in fact I was in a very unsettled mood all day, could not find any peace.

Mostly because of problems at work.

I failed to HALT.

Just shows you, one can have a long clean streak but enter the temporary spirit of insanity which Chazal tell us encourages us to sin.

I failed to remind myself that we must guard our eyes every day, instead I sought a "junk food" remedy for my unsettled spirit.

I have been in this place before, so I know what I need to do, to be nicer to myself, and to remember that Hashem put in this tricky struggle for a reason. Not sure what that reason is, but He put me here.

Onwards and upwards!

=====
=====

Re: New member - Colin
Posted by Grant400 - 25 Jan 2021 23:29

[ColinColin wrote on 25 Jan 2021 23:05:](#)

I fell after my record clean streak of 461 days.

I was Hungry, Angry, Lonely and Tired.

I should have seen those warning signs, in fact I was in a very unsettled mood all day, could not find any peace.

Mostly because of problems at work.

I failed to HALT.

Just shows you, one can have a long clean streak but enter the temporary spirit of insanity which Chazal tell us encourages us to sin.

I failed to remind myself that we must guard our eyes every day, instead I sought a "junk food" remedy for my unsettled spirit.

I have been on this pace before, so I know what I need to do, to be nicer to myself, and to remember that Hashem put in this tricky struggle for a reason. Not sure what that reason is, but He put me here.

Onwards and upwards!

Wow! 461 clean days. Please don't slash all your tires because of one flat. Ahead!

=====

Re: New member - Colin

Posted by Captain - 08 Feb 2021 14:11

Hey ColinColin, how's it going?

=====

Re: New member - Colin

Posted by ColinColin - 02 Aug 2021 21:40

Fell after 187 days clean.

I was Tired.

I was also very Resentful (Angry) at unfair treatment by my boss at work.

It lead me to feel very low, and to seek a fake "high."

In future I must remember to be nicer to myself and seek a high of genuine goodness.

=====
=====

Re: New member - Colin

Posted by DavidT - 03 Aug 2021 02:03

Colin, I was reading the first post in this thread and I'm genuinely amazed at your progress in this difficult struggle. I would encourage any newcomer to follow your story and gain inspiration as to how much a person can grow and change to the better. Keep it up!

=====
=====

Re: New member - Colin

Posted by ColinColin - 18 Oct 2021 23:06

Fell after 74 days.

I was Resentful and Tired.

Two simultaneously out of the four key HALT triggers -

Hungry

Angry (Resentful)

Loney

Tired

The scary things are:

1.) I did not even try to stop myself from falling.

2.) And I was resentful against Hashem for something that did not go "my way".

I feel ashamed.

I have to now be humble and thankful for what Hashem has given me and know that the thing I wanted was not meant for me, for reasons I cannot understand and am not meant to know.

I have a lot of Teshuva to do.

=====

Re: New member - Colin

Posted by Mshalouh - 06 Dec 2021 17:50

I have a question for you, I spoke about this problem to my Rebbi once and I started working on myself, about a year later I started feeling dizzy and unbalanced like physical pain so I went to many doctors and they said nothing was wrong, but the pain is still there it's like weird like whenever I walk I feel like I'm going to fall or something it's like the weirdest feeling so I heard about Dr sarno and tried that but not too much success then I met someone that said it's from this problem that I feel the physical pain, he said it's because of all the regret and shame I had and felt do you know anything about this?

=====

Re: New member - Colin

Posted by ColinColin - 22 May 2022 23:41

I am on a clean run at the moment.

But have had a few stumbles this week.

Loneliness and resentment are the cause.

I have to be grateful for time alone, that I can use to study.

But most importantly, to use to be nice to myself.

I will try to ring a friend that I have not seen in a while.

But since lockdown, loneliness has been a real issue.

My close friends are distant, even when geographically near.

=====

Re: New member - Colin

Posted by Dave M - 24 May 2022 13:20

Missed having you around here. Please post more often!

=====