

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.

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Re: New member - Colin

Posted by I WILL - 24 Mar 2023 01:12

I feel you man. Respect for the fact that you are willing to deal with it. Thanks for the inspiration. I struggle with lonlieness too. Wish I could offer help but... I'm still searching for answers myself. Stay strong. Together we CAN do it!

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Re: New member - Colin
Posted by ColinColin - 28 Mar 2023 02:26

Thanks.

I had another stumble.

Two in four days

Was even closer to falling than the first.

But just avoided it.

To be expected, the Yetzer Hara usually lets you think you have won a battle, then attacks again.

As with the firs time I knew dee down that I didn't want what it was offering.

That is was a false high, a fleeting high that then leads to feeling bad about one's self.

I guess I was saved by mindfulness, in an extreme form.

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Re: New member - Colin
Posted by Hakolhevel - 19 Apr 2023 16:36

And your streak is still going strong! Keep it up!

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Re: New member - Colin
Posted by ColinColin - 07 Dec 2023 14:10

Had a stumble last night.

I was Hungry, Angry (Actually resentful) and Tired.

(Especially I was tired - caused by some extra workload in my job, which should ease off very soon.)

That's three out of the four triggers of Hungry Angry Lonely Tired with the acronym which tells you what to do if they happen - HALT.

Thank G-D I did not fall.

I was able to and take some deep breathes and put intellect before emotion and realise that I was stumbling and heading for a fall.

An interesting thing is that I am convinced there were other reasons for stumbling.

It is Erev Hanukah, and I think the evil forces work extra hard just before a festival.

Also, I did not realise, but I logged in today to see that my clean streak is now 444 days.

That is my record by one day!

So the evil forces were working hard to stop that.

And, I just saw, that the date that I got onto the wall of honour on this website was 24 Kislev (last year) - which is today's date!

I wish everyone Hanukah Sameach.

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Re: New member - Colin
Posted by Gevura Shebyesod - 07 Dec 2023 21:18

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Re: New member - Colin
Posted by Markz - 08 Dec 2023 05:21

[Gevura Shebyesod wrote on 07 Dec 2023 21:18:](#)

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But 8th Day?

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Re: New member - Colin
Posted by Gevura Shebyesod - 08 Dec 2023 20:29

Monstuh Truck don't stop for the ocean...

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Re: New member - Colin
Posted by colincolin - 09 Dec 2024 01:27

I have had a few stumbles lately.

Mixture of tiredness and loneliness, and depression.

Some emotional pain from the past coming back to haunt me.

Causes me to seek a high in the wrong way.

With Hashem's help I am now aware of this and can react by mindfulness or distraction.

And above all, plan to pre-empt these stumbles by feeling better about myself.

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Re: New member - Colin

Posted by ompaloompa - 09 Dec 2024 08:06

Hey man you're very brave for posting. Thanks for the chizuk

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Re: New member - Colin

Posted by yiraishamaim - 12 Dec 2024 21:01

"Some emotional pain from the past coming back to haunt me.

Causes me to seek a high in the wrong way."

I can relate all too well.

I have found that when the pain was caused by others and I worked on myself to forgive them and actually say the words "*mochel lach*" three times it was both liberating and therapeutic.

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Re: New member - Colin

Posted by colincolin - 05 Jan 2025 08:52

I fell after being clean for 839 days.

I think the causes were

1) Not relaxing enough, not having a safety valve for work stress.

2.) Feeling overwhelmed, that when I try to set aside time to relax, some chore crops up and fills that time.

Going forward

I must keep boundaries for time to relax.

I must avoid any pornographic websites.

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Re: New member - Colin
Posted by stopsurvivingstartliving - 05 Jan 2025 10:31

Oh man, so so painful. Falling after all that. I envy the fact that you are so strong and getting right back up after such a fall.

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Re: New member - Colin
Posted by chaimoigen - 05 Jan 2025 15:49

Hey, here's a warm hand.

Hang on, the post-fall poison in the blood may be particularly difficult for the next day or two. If you can withstand it, you'll know that you are everything you've been for the longest time.

Your fall, while an error, does not define you. You are a special person.

Stay in touch here. We need you.

Admiringly,

Chaim Oigen

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Re: New member - Colin

Posted by Hashem Help Me - 05 Jan 2025 15:50

A brave individual began climbing a challenging mountain. He was focused on the peak as he began his ascent. As he trudged along, he gave a supportive hand to fellow climbers, as well as a smile and word of chizuk. As he reached higher summits, he was able to enjoy beautiful views of the world around him as well as breathe in the pristine high-altitude air. After two years of climbing, he encountered a most challenging section of the trail. Erosion had loosened gravel, and our dear friend fell into a pit. BH, he avoided tumbling off a nearby cliff, but he was bruised and demoralized. Slowly he emerged from the hole in the ground and was greeted by a sunny breezy atmosphere. As he bandaged his wounds he actually smiled realizing where he actually was. My, this is one great location to be in. No i am not going to roll down to the mountain's base. I am going to study the terrain, adjust my footgear, protect myself, say a prayer and move on!

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