

My name is Pure Heart. I joined this group today  
Posted by Pure Heart - 09 Dec 2015 15:07

---

I am starting my 90 days journey today and I trust God to help me.

=====  
=====

Re: My name is Pure Heart. I joined this group today  
Posted by Bigmoish - 09 Dec 2015 15:08

---

Welcome.

How do you think He will do that?

=====  
=====

Re: My name is Pure Heart. I joined this group today  
Posted by markz - 09 Dec 2015 15:15

---

Welcome!

=====  
=====

Re: My name is Pure Heart. I joined this group today  
Posted by waydown - 09 Dec 2015 15:43

---

??? ???? ?????? ????

I don't know if we always need to think.

Pure Heart, Welcome and good luck on your road toward 90 days!

=====  
=====

Re: My name is Pure Heart. I joined this group today  
Posted by stillgoing - 09 Dec 2015 16:25

---

Welcome Pure. Have you read the gye handbook yet?

I beleve what Big Moish was saying was, that We need to put in effort - and have a plan - on how we would like to make this work. Of course, we need Hashem to actually do it, As Waydownup wrote , ??? ?????????????, But Hashem wants us to put in effort, as you no doubt have been doing.

Many people here have found, that after many years of really really trying hard and still not getting better, they actually needed to try *smarter*, as opposed to just *harder*. Thats where the thinking comes in. What strateages are you using to stop, or I should preface that with "What are the issues to begin with". In other words, why don't you tell us a little bit about yourself (of course, no personal details, we're all annomous here)

Keep in touch.

=====  
=====

Re: My name is Pure Heart. I joined this group today  
Posted by waydown - 09 Dec 2015 16:33

---

Before we all assume that Rabbi pureheart needs to try *smarter*, one has to know that, that is the case. Thats why lets not jump on to Mr. pure heart. Perhpas all he needs is try *harder*. Thats why I say you don't necessarily need to think.

So the Mr. pureheart, first contemplate have you ever tried hard before to stop? (I know I haven't.) If yes and it has not worked then its time to think harder.

Hatzlocha

=====  
=====

Re: My name is Pure Heart. I joined this group today

Posted by stillgoing - 09 Dec 2015 17:02

---

We all need a plan. Let me share with you one such stratagy written on Nov 10 by the preveious writer.

I don't have a magic bullet. I have a list of stratgies but not one cohesive plan.

1) On a day when I get an urge to flirt white knuckle it

2)I am typically used to falling asleep while masterbating I have a hard time falling asleep without it. It just soothes me to sleep. I have changed my sleeping patterns. Now I try to go to sleep eariler and I listen to some interesting radio show that entertains me. It usually takes much longer to fall asleep than just masterbating but it helps alot.

3)A little related to #2. I stopped sleeping shabbos day so that M shabbos (which is the strongest lust nite for me) I can sleep eaiser.

4)I try to avoid working in areas where lots of women frequent.

5) Just hanging around GYE helps.

6) I hope to start a muser seder with a GYE friend soon

7) I try to say hamapiel from a siddur. After all a large percentage of the brocho is a tefila not to have bad thoughts and dreams.

8. When I get an urge I tell myself hey my wife is much prettier both inner & outer beauty than most of these other girls. Knowing that tonight or tom night I can relieve my itch with someone pretty & who loves me soothes me and holds me back.

And yes its a probelm that I am not always so busy. It varies by day.

This is his idea that he tailored for himself. You might want to take some, or leave some. There are tons of diffrent types of advice here throughout the fourms and entire site. Browes and taste.

**Warning: Spoiler!**

=====

=====

Re: My name is Pure Heart. I joined this group today  
Posted by Shlomo24 - 09 Dec 2015 17:25

---

Welcome pure heart! What a great username! we all have hearts of gold, just sometimes it gets covered up by the things we do... Hatzlacha raba

=====

=====

Re: My name is Pure Heart. I joined this group today  
Posted by cordnoy - 09 Dec 2015 17:28

---

[Pure Heart wrote:](#)

I am starting my 90 days journey today and I trust God to help me.

Welcome.

can't wait to hear more.

b'hatzlachah

=====

=====

Re: My name is Pure Heart. I joined this group today

Posted by gibbor120 - 09 Dec 2015 18:02

---

[waydown wrote:](#)

I don't know if we always need to think.

I thought you were turning over a new leaf, until I read....

[waydown wrote:](#)

Before we all assume that Rabbi pureheart needs to try *smarter*, one has to know that, that is the case. Thats why lets not jump on to Mr. pure heart. Perhpas all he needs is try *harder*. Thats why I say you don't necessarily need to think.

Most of us have tried the mehalech of "trying harder" and failed, that's why we are here. From my experience here, those who insist on banging their heads against the wall to "try even harder" usually fail. I know I did.

=====

=====

Re: My name is Pure Heart. I joined this group today

Posted by gibbor120 - 09 Dec 2015 18:03

---

=====

=====

Re: My name is Pure Heart. I joined this group today

Posted by waydown - 09 Dec 2015 19:09

---

I don't want to highjack this thread. And I appoligize if I am. So please allow me to just clarify this

one last time.

I as in me Mr. Waydown need to do *more than just try hard*. I need to *try smarter* and strategics to succeed. I suspect that many are in the same boat as me.

But I have meet people on this site who just never even tried at all to succeed. (especially prevalent amoungst say an 17 yr old bochur new to this.) Some of those people especially ones not addicted in any way shape or form yet may not need to *try smarter*.

Again on a personal level trying hard isn't enough for me.

=====

Re: My name is Pure Heart. I joined this group today  
Posted by waydown - 09 Dec 2015 19:14

---

I don't want to hijack this thread. And I apologize if I am. So please allow me to just clarify this one last time.

I as in me Mr. Waydown need to do *more than just try hard*. I need to *try smarter* and strategics to succeed. I suspect that many are in the same boat as me.

But I have meet people on this site who just never even tried at all to succeed. (especially prevalent amoungst say an 17 yr old bochur knew to this.) Some of those people especially ones not addicted in any way shape or form yet may not need to *try smarter*.

Again on a personal level trying hard isn't enough for me.

=====

Re: My name is Pure Heart. I joined this group today

---

Posted by BenTorah.BaalHabayis - 09 Dec 2015 22:10

---

[stillgoing wrote:](#)

Many people here have found, that after many years of really really trying hard and still not getting better, they actually needed to try *smarter*, as opposed to just *harder*.

I really like that motto - "You need to try smarter, not necessarily harder". I think that applies to so many things in life. Personally that's true for going to sleep at a reasonable hour and not screeching into Shabbos. I'm sure there's more, but those are the 2 that come to mind first because they are a constant struggle as well.

=====