

Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 28 Jan 2021 21:27

Hey guys just wanted to get myself out on the forum- I saw a few people say that being on the forum is helpful so I figured I may as well try it out and what better way to get started than to introduce myself?

Im leaving for a yeshiva in Eretz Yisrael this coming Elul and my goal is to have enough control by the time I leave for yeshiva that I can go into yeshiva with a solid sense of control.

Im writing this as i recover from a fall i just had - i had 16 days clean and just fell, and writing this is actually pretty therapeutic. Prior to joining GYE my longest streak was 10 days as of this year (I've gone for 8 weeks longest probably) so GYE has been super helpful - this organization and everyone who helps in any way is truly incredible.

My issues are not so extreme in my opinion- I've never seen porn and dont feel myself being pulled towards that but I do suffer from mzl which almost always stems from embarrassing fantasies. I rarely feel that its impossible for me to stop - I've always had a lot of determination and at first I used to be helpless against my desires but now I almost *choose* to indulge myself but have the willpower to refuse, if that makes sense.

I dont have a filter on my phone but am working up courage to ask my parents for one - I hear netspark is good..

Thats all for now- excited to start being more active on the forum!

Eved Hashem

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Re: Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 09 May 2021 01:29

97 days!!!

Officially past the few days of intense desire thanks to Hashem, the heilige chevra of GYE, and my own efforts. If you asked me a week ago if I thought I would be here at 97 as opposed to single digits I easily would have thought single digits but here I am today going strong

Only 3 more days until I can see three digits on my count - I personally find it very helpful to have a bunch of short goals within a long goal - right now my goal is 180 but a sub goal is to get to 100

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Re: Aiming to be better. Introducing myself :)
Posted by Markz - 09 May 2021 02:43

[EvedHashem1836 wrote on 09 May 2021 01:29:](#)

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Goal: **1836**

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Re: Aiming to be better. Introducing myself :)
Posted by EvedHashem1836 - 12 May 2021 02:29

100! Triple digits!!

Next goal: ~~1836~~ 110 days

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Re: Aiming to be better. Introducing myself :)
Posted by Markz - 12 May 2021 03:43

[EvedHashem1836 wrote on 12 May 2021 02:29:](#)

100! Triple digits!!

Next goal: 440 days

?1836!

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Re: Aiming to be better. Introducing myself :)
Posted by Hashem Help Me - 12 May 2021 04:22

Mazel tov!!!!

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Re: Aiming to be better. Introducing myself :)
Posted by Grant400 - 12 May 2021 12:44

Keep flying... upwards!

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Re: Aiming to be better. Introducing myself :)
Posted by EvedHashem1836 - 13 May 2021 22:00

I just got triggered because I was doing an assignment about transgender people and the stuff the websites were saying were a bit much for me.

I would describe myself as most frequently falling to images or words that relate to some sort of crossdressing/transgender thing (I have less than 0 desire for that in all honesty but my body does) - anyone know where this might stem from and how I could overcome this by coming back to the source? Or is this just something I'm gonna have to deal with?

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Re: Aiming to be better. Introducing myself :)
Posted by Lou - 14 May 2021 01:16

[EvedHashem1836 wrote on 13 May 2021 22:00:](#)

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The real answer is obviously "I don't know" but from my experiences possibly since it is something so foreign to anything you would practically do (Is it?),that it is more of a fantasy.

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Re: Aiming to be better. Introducing myself :)
Posted by EvedHashem1836 - 14 May 2021 02:30

(Is it?)

Yeah there is no real cheishek to actually do any of those things

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Re: Aiming to be better. Introducing myself :)
Posted by ??? ????? ????? ??? - 14 May 2021 02:43

[EvedHashem1836 wrote on 13 May 2021 22:00:](#)

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I wouldn't give it too much thought. Discussions of sexual orientation and gender identity one way or another relate to physical intimacy and/or the private area of the body. It brings up thoughts and feelings even if there is no actual desire. ??????, there is a prohibition in ???" to look at two animals who are being ?????? and this is the case even though ??? ?????? are not ????? on that ??????. My understanding is that even if it isn't desirable, the mere fact that it brings up those thoughts is something to avoid. So, in your case, those discussions bring up thoughts and maybe even urges. It doesn't have to be more than that.

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Re: Aiming to be better. Introducing myself :)
Posted by Hashem Help Me - 14 May 2021 11:18

How the urges manifest themselves is not really relevant. The extremely wide array of triggers different people have is incredible and sometimes even amusing. But as mentioned, it does not really make a difference. Usually one's past holds the explanation to why one leans towards specific urges and triggers. Besides knowing that fact - which helps one understand his drives and accept who he is, and feel less guilty and ashamed, it is usually a waste of time to analyze the past. One should not beat himself up because he has this or that urge. As far as recovery is concerned, it is all the same. A warped understanding of sexuality which can b'ezras Hashem be fixed.

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Re: Aiming to be better. Introducing myself :)
Posted by EvedHashem1836 - 14 May 2021 17:06

Been having lots and lots of desires recently - unfortunately also looked at some images on purpose that I shouldn't have

Haven't let out zera so thats good

Told myself I'm just going to make it to shavuos thats how I didn't act out

after shavuos hopefully I'll have the strength to keep going but ill worry about that when it comes around

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Re: Aiming to be better. Introducing myself :)
Posted by Grant400 - 14 May 2021 21:12

[EvedHashem1836 wrote on 14 May 2021 17:06:](#)

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Uh oh. I've been there my friend. Been there and....unfortunately done that. It can keep spiraling in small steps. Unless you shake yourself to the bones. Find something to completely reaffirm your commitment, make yourself FEEL you don't want it. Live it. Breathe it.

Everyone has their own way. Read your old posts. Listen to a specific shiur, etc. The point is once our grip gets shaky, if we continue whiteknuckling...eventually we slip off.

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Re: Aiming to be better. Introducing myself :)
Posted by Zedj - 14 May 2021 23:24

Probably best to fix the loophole that is allowing you to look at those photos.

The desire is always greater than the result that we fantasize about.

You know at the end of the da it ain't worth it.

Wishing you much success!

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