

Hey new ish here

Posted by Jrze - 07 Apr 2022 05:12

Hey I'm newish to GYE I would love for someone to help me out with how to maximize this program to help me stop with P&M (yes I've struggled for a few yrs by now) I get taavos often and would appreciate tips to overcome them. Also my main question is why do I find it way harder at nights then during they day?

tha k you and looking forward for your responses and overcoming the nisayon

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Re: Hey new ish here

Posted by Zedj - 07 Apr 2022 06:01

Hi, welcome!

In regards to tips..I would suggest you snoop around the gye website. There are many tools/tips you can pickup in the articles/audio library/online books ect ect.

I personally would suggest to read through some of the forums here so you can see peoples journeys, how you might relate to them and how they may have dealt with certain struggles.

I keep in touch with a mentor/fellow gye members. keeping intouch has been really helpful for me.

maybe you can share abit more of your story?

lyh you will see alot of hatzlocha!

Keep the peoples updated on your journey!

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Re: Hey new ish here
Posted by Vehkam - 07 Apr 2022 12:36

Welcome. We look forward to getting to know more about you.

With regard to your question about why the nights are more difficult. I would suspect that you have more free unstructured time at night. Try to decide how you want to fill your time productively to avoid leaving your mind free to fantasize. For me personally I try to be busy with learning and when I need a break I almost always will play music.

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Re: Hey new ish here
Posted by Ish MiGrodno - 07 Apr 2022 15:00

Welcome! Happy to have you on board!

(although a new "Ish" may pose a challenge to my uniqueness :)

Feel free to PM me for some ideas.

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Re: Hey new ish here
Posted by Bilaam Harasha to Yosef Hatzaddik - 07 Apr 2022 17:10

Welcome to the forum!

In regards to your question, I can only offer what I personally struggle with, and that's with falling asleep. Although I don't really watch p and m before I sleep and didn't do so often, when I had a really hard time to sleep I would just go watch p and m thinking that by doing that I would be in better position to sleep because of the exhaustion.

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Re: Hey new ish here
Posted by committed_togrowth - 07 Apr 2022 23:28

Welcome it is great to have you! Some thoughts on your question about the night time. In my experience there is just less clarity of thought at night, it's almost like a law of nature. They say nothing good happens after midnight, and I think that's true in terms of making decisions or thinking about your life in general. My rabbi taught me the line ?????????? ?????????? ??????????, ?????????????????? ?????????????????? is coming to say that in the day when we have clarity we can sing Hashem's praises. But, at night when it's dark sometimes the only thing we can do is cling to the knowledge that Hashem has great faith in us and day is around the corner. We see a similar idea in Yaakov avinu's institution of the maariv prayer.

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Re: Hey new ish here
Posted by Hashem Help Me - 08 Apr 2022 11:27

Could be that at night, this stuff has become part of a nightly ritual of calming down after a stressful day. Many people trained themselves to use pornography and masturbation as their pacifiers. Obviously they can be replaced if that is the case.

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Re: Hey new ish here
Posted by Ish MiGrodno - 08 Apr 2022 16:30

What HHM is describing was precisely my situation 2 years ago.

My "pacifier replacements" included:

1) posting on GYE and feeling like a hero /:

2) talking to HHM

3) completely immersing myself in projects (learning / family or even work related)

4) tefila

Stay strong, bro

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Re: Hey new ish here

Posted by Want to overcome the challenge - 13 Apr 2022 05:03

Ok thank you everyone for your awesome responses. Some advice is noted and iyh will use in the future.

ok a lil more about my story goes as follows for the last few yrs a struggled in P&M prob 5 times a week (almost every day). I also always swore and made tons of Kabbalah's to stop but nothing helped. I am nearing shidduchim time so I really wanted to get over this monster so my friend (who I also speak to as a mentor) told me about GYE and hey it's been a bit bumpy lately especially bein hazmanim but TYH a 100x better then last yr

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Re: Hey new ish here

Posted by Want to overcome the challenge - 13 Apr 2022 05:06

Hey you are most probably correct and yes it's unfortunately part of an unwind routine but hey how do I go about this head on to change it?

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Re: Hey new ish here

Posted by Yissie - 18 May 2022 23:33

I am also new to GYE, and I want to thank everyone who gave responses. I assume that the issues are at night more since there is less on your mind. During the day we are occupied with other things. See if you can distract yourself with other things.

I have had the same issues for over ten years. There were times that were great and times that were terrible (and yes some times in the middle). The main thing getting yourself into a pattern. The 90-day program may be helpful. I just signed up. You may fail the first time or two. But you can do it. Do not set your eyes on 90 days and give up. Go for the 7 day mark or 14 days.

You are 100X better than last year. By next year, you can be more than 100X better than now. Remember your goals and the reasons you want to stop. Your past will not make the difference, it is the future. Keep that in mind especially if you fail.

I am also looking for more ways to strengthen myself, if you see anything that would help.

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