

scared from the urge to come

Posted by crispy - 19 Sep 2023 17:22

I am b"h 11 days clean. and i thank hashem with all my hart for this success.

but the story is that in all of this 11 days I didn't have any urge at all. it even starts to feel like this problem is completely gone, (which is most prob not the case). and I am very scared of the moment when this urges will come flying in my face, and they usually come in groups. I dont have menucha from this fear. i cant focus and be happy with my accomplishment cause this fear keeps popping in to my mind.

any thoughts on how to deal with this fear?

also how can i prepare myself for the urges that will most probably come back?

f2f program really helps. but i am sensing a storm and i feel i need something to feel strong (maybe someone can tell me which specific clip from f2f will be good for my situation)

its always great to hear advice from the intelligent people hear.

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Re: scared from the urge to come

Posted by iLoveHashem247 - 24 Sep 2023 12:17

Beautiful tefilah

it's a gradual mindset change that come with human connection, personal hitbonenut, and time.

you can, and you will succeed.

hatzlacha

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Re: scared from the urge to come

Posted by crispy - 28 Sep 2023 15:03

b"h today is day 21! yyaaayyy!!! I feel so so so good about myself. its worth the effort.

now for the last week, especially with the inspiration of yom kipur, my urges are fading away, and even shmiras einayim is not that hard for me.

and i am living in a drama of waiting for the next urge to come instead of enjoying my time of freedom.

any advice from all the special people would be appreciated.

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Re: scared from the urge to come

Posted by Yeshayahu 41:6 - 28 Sep 2023 15:04

You'll burn that bridge when you get to it

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Re: scared from the urge to come

Posted by bright - 28 Sep 2023 20:07

[crispy wrote on 28 Sep 2023 15:03:](#)

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any advice from all the special people would be appreciated.

Dont think I am special so i am hesitant to give advice:) I have personally found that at the time of a nisayon, Hashem gives us the tools to succeed. To worry about the future when we dont

know what it holds, what the fight is, or how we will be when we fight is not that helpful.

One thing I would say is make sure to have a person to call when the urge arises. You are really doing great, keep it up!

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Re: scared from the urge to come
Posted by crispy - 02 Oct 2023 01:10

b"h the whole yom tov was derhoiben and clean. i even succeeded to guard my eyes real good on the street. even though i live in a area full of shmutz.

on motza (an hour ago) i had a crazy urge. i called up a hot line,(which is my biggest nisoyon) had about a thirty second conversation, and i right away caught myself and hung up before i got to any dirty talk. i think that this would not be considered a fall since it wasn't any kind of intimate talk and didnt lead me to act out in any way.

so assuming that this was not a fall i am happy to celebrate 24 days!

hatzlacha.

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Re: scared from the urge to come
Posted by Yeshayahu 41:6 - 03 Oct 2023 01:51

Congrats!!! Keep it up!!

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Re: scared from the urge to come
Posted by ainshumyeiush - 03 Oct 2023 02:05

What's all this "assuming that's not a fall" business?!?!

that's a win if there ever was one!

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Re: scared from the urge to come
Posted by eerie - 03 Oct 2023 03:58

Beautiful!

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Re: scared from the urge to come
Posted by crispy - 03 Oct 2023 19:36

you guys are giving me real chizuk. thanx for everybody.

I kept having that several times that i started doing a phone call and knocked down. i hope that i shouldn't call at all, but if i caught myself ontime before i entered the shmutz i am not counting them as falls.

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Re: scared from the urge to come
Posted by crispy - 03 Oct 2023 19:38

btw i am real curious if anyone can relate. that my tayva for phone conversations is much stronger then watching stuff.

it feels more personal.

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Re: scared from the urge to come
Posted by Shmuel - 03 Oct 2023 21:09

[crispy wrote on 03 Oct 2023 19:38:](#)

btw i am real curious if anyone can relate. that my tayva for phone conversations is much

stronger then watching stuff.

it feels more personal.

Yes

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Re: scared from the urge to come

Posted by Hashem Help Me - 03 Oct 2023 22:47

[crispy wrote on 03 Oct 2023 19:38:](#)

btw i am real curious if anyone can relate. that my tayva for phone conversations is much stronger then watching stuff.

it feels more personal.

At least you can fool yourself into believing there is someone on the other end that cares about you

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Re: scared from the urge to come

Posted by crispy - 09 Oct 2023 23:48

thank for everyone that replied here and that pm'd me. it gives me a lot of encouregment.

thank you hashem for helping me get to 31 clean days,

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Re: scared from the urge to come

Posted by crispy - 09 Oct 2023 23:59

I didn't explain myself good.

its that the audio part is what triggers me mainly.

i didn't watch porn for the last 4 years. and its not hard for me to not watch it. but i can't stop doing phone stuff or even listening to recorded phone stuff. how interesting it may sound, its the audio without the visual that triggers me more then the experience of watching. a possible explanation might be that i feel less guilty about it. but i feel that it's something more. + guilty feelings doesnt stop the urge to do something, it usually works the opposite way.

so if anyone relates i would love to hare feedback.

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