

Hard time keeping myself motivated
Posted by yidddd - 17 Jul 2024 01:11

Hi to all.

I am married living in Lakewood. Basic story, bumped into p*** accidentally at age 13 in a subway station, and have been running around my shadow for the last 20 years or so trying to sate myself, then telling myself its wrong, stopping, until the next time I restart...

Over time I have had better and worse tekufos. I have been clean now for 36 days, and am finding my motivation to be going down the drain. Its hitting a point over the last week or so that when I close my eyes or look away, I don't even feel good. I feel resentful for the next few hours.

Does anyone have good tips to keep motivated and feel good about having looked away? Because I don't know how much longer I will be able to manage...

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Re: Hard time keeping myself motivated
Posted by jewizard21 - 30 Jul 2024 03:39

I'm sorry to hear that your streak is over and your having a ruff time with it.

Ask yourself, why does a streak matter?

Learn from your mistakes. You regret what you have done and yah it sucks that we have to deal with what we do, but what's our purpose in fighting the yetzer harah?

If we fall once in a long while then we are winning overall, but of we tell ourselves "oh it's only 1 time and it's been so long, or, I just fell anyway" then the y'h is winning.

It's our job to get back up. Yah, ODAAT is an extremely helpful tool we use to win in the long run, but also remember the goal to be a better person living a life with our minds clear and in control. I'm sure you can notice how much clearer your mind is after 47 amazing days, now think of how much clearer it will be in another 47 and beyond.

I hope this helps

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Re: Hard time keeping myself motivated
Posted by yidddd - 30 Jul 2024 23:37

Just want to update that BH did not fall yesterday. This is something special as in the past, a fall always meant a few day/week rut.

Thanks foolie/ jewizard21 for pointing out that streaks don't matter - you kept me going and now I have a 2 day streak in the making!

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Re: Hard time keeping myself motivated
Posted by yidddd - 28 Aug 2024 01:05

Hey everyone!

After going through a bingfest of P & M for last few weeks basically non stop...I finally caught myself just in time. I entered one of my trusted websites that the filter doesn't quite know about and before hitting enter, I switched to GYE. Spent the last hour or so reading posts, and am convincing my mind its time to come back to living....

I am currently running on a streak of almost the whole day, and that is largely only because I do work for a living... but even without streaks, its time to come back. I can't live like I have been living. Its been hard on my marriage, I'm constantly looking for time to hide away, I can't concentrate at work, have not been giving my kids attention, and in general, just been craving non-stop.

This is not the way I want to live.

So, tonight, I did not watch anything, I did not masturbate, and I will not.

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Re: Hard time keeping myself motivated

Posted by yidddd - 28 Aug 2024 12:07

[yidddd wrote on 28 Aug 2024 01:05:](#)

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Just wanted to say, BH I was successful last night and did not have a fall. I hope I can keep this going...

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