

trying to refind motivation

Posted by sammysmith - 19 Aug 2024 23:23

Hey I know this may sound cliché. I've been really stuck with no motivation whatsoever. I really had no motivation for yideshkeit at all but BH with therapy and revisiting some false ideas I had about Hashem I have been feeling more positive and motivated about everything else. But in the area of porn, I just don't feel motivated to stop and in a way I feel resigned to my fate. Thanks for listening.

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Re: trying to refind motivation

Posted by vehkam - 20 Aug 2024 00:28

[sammysmith wrote on 19 Aug 2024 23:23:](#)

Hey I know this may sound cliché. I've been really stuck with no motivation whatsoever. I really had no motivation for yideshkeit at all but BH with therapy and revisiting some false ideas I had about Hashem I have been feeling more positive and motivated about everything else. But in the area of porn, I just don't feel motivated to stop and in a way I feel resigned to my fate. Thanks for listening.

If you could choose your fate what would it be?

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Re: trying to refind motivation

Posted by sammysmith - 20 Aug 2024 01:53

I love that question. Do you mean general fate or in this area?

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Re: trying to refind motivation

Posted by vehkam - 20 Aug 2024 04:17

[sammysmith wrote on 20 Aug 2024 01:53:](#)

I love that question. Do you mean general fate or in this area?

In this area.

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Re: trying to refind motivation

Posted by sammysmith - 20 Aug 2024 16:33

My fate would be to not watch at porn at all. I know thats the right thing.

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Re: trying to refind motivation

Posted by chosemyshem - 20 Aug 2024 16:41

[sammysmith wrote on 20 Aug 2024 16:33:](#)

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Know or feel? Sometimes if we "know" one thing but don't feel it to be true it doesn't help much. If you're on here at all you clearly have some desire to change, and I honestly don't believe you have to be dead set on changing to start changing, but if you just want to watch porn but have some vague idea that it's not healthy or G-ds gonna smite you it's gonna be a tough ride.

Why don't you check out the Flight 2 Freedom program (link in my signature). The first section has some really great exercises to help you sit down and work out why you want to change. Doing that (and then reviewing when needed) can help you with motivation.

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Re: trying to refind motivation

Posted by vehkam - 20 Aug 2024 17:57

[sammysmith wrote on 20 Aug 2024 16:33:](#)

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so it is clear to you that if you could choose you would choose to be free of porn? it that is accurate, it would be helpful to identify some choices that you can make that will lead in that direction....

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Re: trying to refind motivation

Posted by sammysmith - 20 Aug 2024 22:33

I have done a lot of the exercises at a different stage of my life but none of what previously motivate me works.

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Re: trying to refind motivation

Posted by sammysmith - 20 Aug 2024 22:35

[vehkam wrote on 20 Aug 2024 17:57:](#)

[sammysmith wrote on 20 Aug 2024 16:33:](#)

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Its sort of like dieting. I would love for my "fate" to be skinny, but dont have significant gas to make the necessary changes

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