

Restarting my journey... Again

Posted by sunnyswan68 - 25 Nov 2024 16:00

I cant believe I'm posting here but here goes.

I'm 20 years old and have been struggling with porn and masturbation since I was 10. I had some good streaks, although it never lasts more than a month. Recently (as in the last few years) I haven't been able to go more than a few days. I went to israel and decided to restart my journey and now I'm at 22 clean days. I'm trying to use the gye programs but they really don't speak to me. Don't even know why I'm posting this. I've tried just about everything to stop, nothing really works for me. I set a goal for 90 days, but taking it one day at a time. Hoping this time will be different!

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Re: Restarting my journey... Again

Posted by sunnyswan6 - 02 Dec 2024 09:12

Update: I made it to 30 days!!

My longest streak in at least 2 years and one of the few times I made it this long in 10 years.

Honestly, I'm not sure how I did it, I have the same access to porn as always, maybe it's because I'm in the holy land, i don't know, but it feels great.

Next goal 60 days. Here we go!

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Re: Restarting my journey... Again

Posted by Muttel - 02 Dec 2024 09:39

Just seeing this thread for the first time, mazel tov!!

You should be zoche to hit 90,900,9000.....

To ride on what others have said;

To have sustained success, an accountability partner goes a long way in ensuring that...

Feel free to reach out, we understand you....

Best,

Muttel

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Re: Restarting my journey... Again

Posted by odyossefchai - 02 Dec 2024 11:04

Wow. The first 30 days were so hard for me. You have needed tremendous personal gevura to get there.

Keep shteiging

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Re: Restarting my journey... Again

Posted by jollylemur95 - 02 Dec 2024 16:40

Wow!

That is not simply a good job. That is off the charts!!!

It is an inspiration to see what you have accomplished!

Keep it up!

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Re: Restarting my journey... Again

Posted by sunnyswan6 - 08 Dec 2024 13:05

Quick update. At day 36 (longest ever I think), last few days were pretty rough. I was bored out of my mind. That led to lots of filter poking and one very small slip. Hope to keep busy this week and stay strong.

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Re: Restarting my journey... Again

Posted by BenHashemBH - 08 Dec 2024 14:42

[sunnyswan6 wrote on 08 Dec 2024 13:05:](#)

Quick update. At day 36 (longest ever I think), last few days were pretty rough. I was bored out of my mind. That led to lots of filter poking and one very small slip. Hope to keep busy this week and stay strong.

Shalom Brother,

When the going gets tough, that's when the tough get going.

Where do they go?

To GYE to connect with some special friends who are here to support them through both the good times and the harder times.

Stay in touch. Is there anyone you've tried reaching out to from the previous suggestions -

You are doing great and wishing you continued hatzlacha!

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Re: Restarting my journey... Again

Posted by colincolin - 09 Dec 2024 01:31

It's not easy but if you start stumbling, walk away from that computer/phone.

Literally walk away and do something else.

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Re: Restarting my journey... Again
Posted by hopefulposek - 09 Dec 2024 04:25

Shalom sunnyswan, Keep up the fight, it's amazing that you made it this far, it shows that you are committed to changing and growing. If boredom was your trigger then your doing great by identifying it and addressing it. Hatzlakah Rabbah!

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Re: Restarting my journey... Again
Posted by sunnyswan6 - 09 Dec 2024 19:34

[hopefulposek wrote on 09 Dec 2024 04:25:](#)

Shalom sunnyswan, Keep up the fight, it's amazing that you made it this far, it shows that you are committed to changing and growing. If boredom was your trigger then your doing great by identifying it and addressing it. Hatzlakah Rabbah!

Identifying boredom as a trigger was easy, doing something about it is much harder, especially in yeshiva

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Re: Restarting my journey... Again
Posted by Avrohom - 09 Dec 2024 23:15

Keep up the great work!

It's helpful to realize two (seemingly opposite) ideas:

1. As you said, take it one day at a time - today's goal is today - and that itself is a great accomplishment

2. At the same time, there may be a voice saying well, you can do 30 days, but you can't do 60, certainly not 90. It's not true! There's no reason you can't continue this way endlessly. There will be challenges along the way (like you've seen already) but the Nisayon should largely get easier.

3. Be very careful about "filter poking" and small slips. That often increases desire and urges and makes it much harder. The nature of the Yetzer Hora is pull is in slowly telling you, "just" do this and that's all. But then the urge builds and builds. So stay away from the small, more innocent things.

Hatzlocha!

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Re: Restarting my journey... Again

Posted by sunnyswan6 - 11 Dec 2024 23:09

Update. 40 days clean!

Had a few rough days with one slip. Realized I have an easier time when I consistently go to the gym, not sure why, probably because it gives me something to do.

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Re: Restarting my journey... Again

Posted by stopsurvivingstartliving - 12 Dec 2024 00:34

[sunnyswan6 wrote on 11 Dec 2024 23:09:](#)

Update. 40 days clean!

Had a few rough days with one slip. Realized I have an easier time when I consistently go to the gym, not sure why, probably because it gives me something to do.

Wow! 40 days is a super number! And if you don't believe me check out [this](#) post.

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Re: Restarting my journey... Again

Posted by jollylemur95 - 12 Dec 2024 15:45

Mazel Tov!!

That is a massive accomplishment!!! It is testament to who you really are. A pure jew who has no stronger desire then to be close to Hashem!!

Secondly:

The gym always helps.

HMM says that exercise releases the same chemical in the brain (dopamine) as fulfilling these by acting out or watching....

Can' wait to hear your next accomplishment be"h!

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Re: Restarting my journey... Again

Posted by hopefulposek - 12 Dec 2024 23:36

[sunnyswan6 wrote on 09 Dec 2024 19:34:](#)

[hopefulposek wrote on 09 Dec 2024 04:25:](#)

Shalom sunnyswan, Keep up the fight, it's amazing that you made it this far, it shows that you are committed to changing and growing. If boredom was your trigger then your doing great by identifying it and addressing it. Hatzlachah Rabbah!

Identifying boredom as a trigger was easy, doing something about it is much harder, especially in yeshiva

LLol, %1000. Took me a while to find an outlet that worked.

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