

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!

=====

Re: Restarting my journey... Again

Posted by wewillwin - 11 Jan 2025 22:10

Good luck, we are all rooing for you ! 70 and climbing

=====

Re: Restarting my journey... Again

Posted by Muttel - 12 Jan 2025 10:09

I definitely can understand that kaballos are not the optimal route for many, but prepare for how you'd like to continue your ten weeks of cleanliness so you don't fall the minute your Kaballa is over...

=====

Re: Restarting my journey... Again

Posted by cleanmendy - 12 Jan 2025 17:42

Make the call i did it and im a different person since and im only a few weeks in

=====

Re: Restarting my journey... Again
Posted by iwant2begood - 12 Jan 2025 17:54

[sunnyswan68 wrote on 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!

Welcome,

Seems like your doing great. I also started my journey in israel. keep on going 1 day at a time

=====

Re: Restarting my journey... Again
Posted by iwant2begood - 12 Jan 2025 17:54

[sunnyswan68 wrote on 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!

=====

=====

Re: Restarting my journey... Again

Posted by sunnyswan6 - 17 Jan 2025 07:32

I made it to say 75! However, after that I had a fall. Still, I'm happy with my progress, I never thought I could go that long. My next goal is to match that, hopefully doing those 75 days better, without slips or fantasizing too much.

=====

=====

Re: Restarting my journey... Again

Posted by yosefms - 17 Jan 2025 09:46

Hey R' Sunnyswan6 shlita,

Sorry to hear about the fall. You sound like you have an amazing mindset despite that, big big inspiration to all my friend.

Just remember that you are a person with 75 days under your belt and NOT starting from scratch. HHM gave me a great moshel, if you're half way up the mountain and you lose your footing and get back up, you didn't roll down the hill to the bottom, you're starting from where you fell.

Hatzlocho & a Lechtege Shabbos!!

=====

=====

Re: Restarting my journey... Again

Posted by sunnyswan6 - 29 Jan 2025 11:14

Had a rough few days, with a couple falls. I think it has to do with me not exercising and also going back to my old mindset of it not being so bad, it's just biology. But hopefully I'll get back to it starting today.

=====

=====

Re: Restarting my journey... Again
Posted by lamaazavtuni - 29 Jan 2025 13:34

R sunnyswan !!!(how the flip did you think of that name). Just caught this thread read through it with trepatation so sad you fell Was really rooting for you it's nice to see young blood taking on the fight. I know you heard this a bunch of times already but JUST PICK UP THE PHONE AND CALL. I can't emphasize it enough when I was your age I called gye sed hello then freaked out and hung up. He called back I ignored and I promise you not only do I regret it I cry for that stupid mistake of not talking to someone and letting it off my chest and getting help. My holy brother do it or your kids if you're not holding by doing it for yourself!!!!
With tears and hugs your friend

=====

=====

Re: Restarting my journey... Again
Posted by sunnyswan6 - 29 Jan 2025 23:39

Don't really have a reason to call, kinda have it figured out. I don't mean that I won't struggle and fall, but I know what needs to be done, and it isn't ruining my life.

Also my username was what gye randomly gave me, honestly didn't care to think about one since I thought that this would be like every other time I signed up - and after a week I would never use it again

=====

=====

Re: Restarting my journey... Again
Posted by eerie - 30 Jan 2025 02:37

My friend, having a friend to hold your hand is THE best thing you can do for yourself. Do yourself the favor and reach out

=====

=====

Re: Restarting my journey... Again

Posted by lamaazavtuni - 03 Feb 2025 19:23

Brother don't mean to make you feel stupid but if you know what to do then you wouldn't fall right??... obviously there's more at play that you can't figure out yourself and you'll only get ,through talking it out with someone who didn't figure out but IS figuring it out. We all know the answers on paper but when it comes down to it we fail a lot be smart reach out you have nothing to be afraid of the guy your calling watched the same p*** as you. Much luck and hatslacha

=====

=====

Re: Restarting my journey... Again

Posted by sunnyswan6 - 06 Feb 2025 10:27

No, knowing what needs to be done does not mean I won't fall. It means that I can manage my struggle and go for long periods of time without it or without it ruining my life. To think that I would be rid of this struggle entirely is unrealistic and a goes against biology. I have spoken with a few rebbeim and so called "experts" (none from gye), some things they said made sense and/or helped, other things were just stupid.

=====

=====

Re: Restarting my journey... Again

Posted by ratherstayanonymous - 06 Feb 2025 12:25

[sunnyswan6 wrote on 29 Jan 2025 23:39:](#)

Don't really have a reason to call, kinda have it figured out. I don't mean that I won't struggle and fall, but I know what needs to be done, and it isn't ruining my life.

Also my username was what gye randomly gave me, honestly didn't care to think about one since I thought that this would be like every other time I signed up - and after a week I would never use it again

Wow I've definitely been there, 65 days and didn't reach out to anyone thought I had it all worked out but to quote the famous R' odyosefchai

"Surely if you needed some info on a tax question, you would be in touch with an accountant, and a medical question would go to a Doctor.

Same here.

We are trying to get clean. Why not shmooze to people who were in your situation and figured out how to do it. They are the real experts. They didn't just hear something from someone, they went and figured it out and changed themselves a and shteiged and won! And changed their lives! They are the BEST people to learn from."

I'm not here to convince you of anything, you have to do whatever you're comfortable with, but I can tell you from my own experience he's right reaching out to someone is a game changer, even if you think some of the things that person says are stupid (which they're probably not) sometimes even with knowing all the facts you just need to hear things from another person's prospective (besides for the fact that they've been there done that gotten clean, and know a little bit about dealing with this parsha), and why not unburden yourself to someone else, someone you can be truly honest with without the fear of being judged.

Sof sof you won't regret it if it doesn't work out just don't call again and if it does you'll have an amazing partner/mentor you can reach out to if the going ever gets tough.

Whatever you decide rooting for you and wishing you much hatzlacha!!!!!!!

Warning: Spoiler!

=====

=====