

Hard Fall ??

Posted by puremind - 01 Aug 2025 13:02

I BROKE A RECORD IN YEARS AFTER A WEEK ON GYE!!

I joined 3 weeks ago, and I went thru the forums this week for the first time and something in my mind switched.

Till now, when an urge would come I would just give in and fall, I would think to myself, "its normal, its healthy, its natural" probably due to the western culture, justifying all evil.

After going thru the forums, and seeing that, no, urges are meant to come, and I am meant to overcome them, not give in and fall to them. I decided to give it a try, and when I got the urges I would battle them and not give in, time and time again, until I saw a 9 DAY STREAK W/O P OR M!

This is tremendous for me, it has been yrs since I got such a long streak!

Sadly, this morning I fell with M, and whats rllly sad is that I didn't even have an urge, I just fell on purpose... cause why not:(

and later on in the afternoon I fell again and "peeked" at P...

?Thing is, I was rllly hopeful that I would reach a 30-40 day streak, I was on a high.

In addition, I dont rllly feel all that guilty which bothers me too!

Another problem is that once I fall I just tell myself: " You're already down, just enjoy till the end, and then get back up" as opposed to getting right back up. after one fall.

Hope for some insight and help, thanks heilige yidden!

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Re: Hard Fall ??

Posted by hollyari - 08 Sep 2025 16:33

Wow... I just want to take a moment to recognize the incredible strength you're showing. Reading what you wrote, I felt a real sense of awe at your honesty and your perseverance. This isn't easy at all, and the fact that you're here, confronting it head-on, shows a courage that so few people can truly access.

What you're experiencing is actually very common—and in a powerful way, it's a sign that your body and mind are starting to wake up, to realize what's real and what's harmful. That awareness, even when it comes with discomfort, is proof of your inner strength. It means change is happening, even if it doesn't always feel like it in the moment.

You're on a journey that many people never even begin. Every challenge, every struggle, every small victory along the way is shaping a stronger, wiser version of yourself. The fact that you've made it this far—day after day—is proof that you *can* continue, that you *will* keep growing.

Keep going. Trust the process, even when it feels tough. You've already shown what you're made of, and there's so much more power, clarity, and freedom waiting for you on the other side. Don't underestimate yourself for even a second—you are truly inspiring.

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Re: Hard Fall

Posted by puppy - 08 Sep 2025 17:48

I think its about time to change the title emoji

Warning: Spoiler!

Bro, you are doing awesome!

14 Days is incredible, treat yourself

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Re: Great Success!

Posted by puppy - 08 Sep 2025 18:02

Bro, 14 days is incredible

You are doing well!

Please treat yourself with something good

I think its about time to change the title name of the thread

Warning: Spoiler!

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Re: Hard Fall ??
Posted by puremind - 08 Sep 2025 21:31

Interesting, is there maybe a post with the whole rewiring process? like what happens after a month, 6 a yr?

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Re: Hard Fall ??
Posted by puremind - 08 Sep 2025 21:33

But dont they say its a war u cant rlly win, it will always be a constant struggle till the day I return my neshama?

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Re: Hard Fall ??
Posted by puremind - 08 Sep 2025 21:38

THANK YOU! for all your support here and in private

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Re: Hard Fall ??
Posted by BenHashemBH - 09 Sep 2025 13:05

Shalom Brother,

As I messaged you privately, I had an unwanted dream last week. I'm clean for over 2 years BH. I also have inappropriate thoughts that pop up, and that is completely normal (for me

anyhow) and not something I can completely control. What I can control is my reaction to them. Over time, the reacting (accepting, letting go, and moving on) gets easier and the need to do so is less frequent, but it's not some day that everything is gone. 90 days to break a habit is sciences median in a bell curve, and people will have varying numbers of days and varying results for the various aspects. I can say I'm 100% in terms of not masturbating or viewing (deliberately or negligently) pornographic content. Shemiras einayim and guarding my thoughts and being sensitive to what environment I'm in are all excluded from this absolute, and likely always will be - as you said, it's a battle until the last day. I'm making huge progress BH and continue to put effort into improving these, but there is no distinct date or achievement of 100% **besides 100% effort on my part.**

Rav Amram Chassida probably didn't need to strain against this YH daily, but one day with a recipe of circumstances brought him to his limits. That's what we are up against. A fight that is never over, and we must always be on top of it as best we can, but neither does that mean that every moment it consumes me. Some vast majority of the time BezH we can live above it. Complacency and any disregard for the power of the YH to test us, as he is created to do, is what can CV lead to a bad place in mere seconds. We must not live in constant fear. We must yes live with constant respect and awareness.

Kol Tov

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Re: Hard Fall ??

Posted by kavey - 09 Sep 2025 13:06

[puremind wrote on 08 Sep 2025 21:31:](#)

Interesting, is there maybe a post with the whole rewiring process? like what happens after a month, 6 a yr?

I think ChaimOigen posted something powerful in the past few months if you look in his post history

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Re: Resounding victory

Posted by hollyari - 09 Sep 2025 19:20

Strongly agree with my little cute puppy!!

Mr Puremind, leave hard falling to the losers.. You're in the winning team!!

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