

## 34 Days Clean?! It's Possible! Here's How I Did It

Posted by JewishYoungAdult - 10 Oct 2017 16:54

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I am a single young man who struggles with masturbation. Today I am clean 34 days. I think there are at least 7 reasons why G-d has brought me this far:

1. I could not do it by myself, and only with G-d's help could I overcome my desire to masturbate. If I keep looking to G-d for help, and realize even in passing that I can't do it on my own, He will help me. This is true even when I wake up in the morning wanting to masturbate very badly.

2. I got a sponsor at a face-to-face meeting where we study the big book. He's helped me work 3 of the 12 steps so far, and hopefully I will call him today for help working the 4th step.

3. Whenever I have a desire to act out or feel triggered by a woman or an image thereof, I call someone who I met at a face-to-face meeting and tell him everything I am feeling and every thought that I am experiencing at that moment. I find that telling it to someone breaks the power it has over me, and I've survived 3-day Yomim Tovim by sharing even with close friends and mentors. 4. I try praying - both for myself and for other people, particularly people I feel triggered by or people I am resenting. I once called Dov and he told me that there is no need for me to worry about blessing someone who's not Jewish because G-d wants them to have no less than the best I could wish on them - especially if I'm blessing a beautiful woman, since living in today's depraved world is sheer Gehinom for anyone who's beautiful.

5. If I seek to improve my relationship with G-d, He will give me whatever I seek. I found that the reason I felt a burning lust after women is because my soul seeks to have a relationship with G-d, and being a young single guy, I tried to satisfy that with lust for women. Now, when I find myself looking to inflame my lust, I pray to G-d that whatever I'm looking for in women, He help me find in Him. 6. When I'm only looking to "be fixed" and not put in any effort, I am certain to act out. I need to provide the willingness to change and take action whenever I feel triggered.

7. If I help out others in whatever way I can, that keeps me busy and gives me positive energy as well as a good feeling.

I hope this helped you. If you want to reach out to me for help (or if you are Dov and object to me telling things to the world in your name), I am planning to check this forum fairly frequently.

Hatzlacha Rabbah!

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Re: 34 Days Clean?! It's Possible! Here's How I Did It  
Posted by acceptance - 16 Oct 2017 13:56

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[JewishYoungAdult wrote on 10 Oct 2017 16:54:](#)

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Hi

Working the 4th Step, for me, was the Biggie.

It was like having a gooood shower after not showering for years! Ahhhhh! That Geshmake feeling of getting face to face with myself! with who I really am!

That being said I still have a great reluctance to (continue) doing step 4, take a good look at myself? no thanks, I'll pass.

Hatzlocha!

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Re: 34 Days Clean?! It's Possible! Here's How I Did It  
Posted by wellworthit - 16 Oct 2017 14:06

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Im so impressed

keep it up

your making G-d proud

i heard a mashal that a kid came home from school and gave his father a cookie bitten from all sides the father looks in disgrace and waits for an explanation and the son says that the rabbi gave out cookies in school to all the boys and i love you so much that i put it away for you but then i saw everyone eating it i couldn't hold myself back so i took a bite and then i said to myself how can i do that i love my father and put away the rest for you but again 2 min later i took another bite and so on and so forth and i ended up taking 9 bites but look what i got left

**That cookie is much more precious to the father with all the bites then kif it would come whole** reson being it shows the care and strength he put into it same with nisyonus

Keep it up

?thanx for the inspiration

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Re: 34 Days Clean?! It's Possible! Here's How I Did It  
Posted by sleepy - 21 Jul 2020 16:11

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if that women is properly dressed i hear, but if shes dressed not tznius , im not so sure dov is right .

id like to take issue on the following statement as well

dov said "especially if I'm blessing a beautiful woman, since living in today's depraved world is **sheer Gehinom** for anyone who's beautiful." sheer gehinom?! i think they enjoy the attention...

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