

There is a way!

Posted by starting - 15 Dec 2020 20:47

Thanks to everyone and to Hashem, I am now over 100 days clean.

Seeing as I feel, to a certain extent, liberated, I have decided to start a thread highlighting the stages and methods which have brought me here.

I will bl'n elaborate a little on each point with a separate short post when I have time.

- Hierarchy of values
- Temporary feasible plan
- Realising that there is no actual need, it's only a perceived one, a habit which I can break
- Realising that there is a way. For everyone
- Avoid all triggers in sights and in thoughts
- View an urge as an external desire
- Distractions list to fall back on
- Value a clean day. As opposed to 'a fall is inevitable, may as well do it now'. Especially important as a way to cut down and appreciate that
- (later on in the journey) Viewing myself as a normal person with a challenge, not as a consistent faller
- Viewing myself as able to fight. Even just for today (mindset)
- Not touching (really just avoiding another trigger but I didn't see it that way at first)
- Realising, during a nisayon, that falls won't make me happy 2 minutes from now, choose other pacifiers/stress relievers
- Phone call * Phone call * Phone call
- Downplaying the pleasure to what it really is as opposed to the y'h's exaggeration
- Viewing myself as 'I don't do this. Period'
- Accepting that voice inside me from the yetzer tov as the real me not the yetzer haras opinion
- Viewing a fall as a faraway notion which is pleasurable but out of reach

If I think of anything else which deserves it's own post I will ly"h add it to this list

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Re: There is a way!

Posted by starting - 29 Dec 2020 07:37

Not touching myself:

My mentor calls this a pacifier

I will explain how I understand that

I was still finding it too difficult to completely drop the habit.

I still needed something, anything.

Touching myself was my way of hanging on to what I 'needed'.

I did not think at the time that it was just another trigger, do it too much, make a phone call, get some chizzuk and avoid an actual fall.

But I was still in a cycle which can't last forever.

I was triggering myself to that last point before a fall, then stop because after all, I will not fall...

But 'pacifier' means much more than that.

It shows that I'm still stuck in it.

As long as I am still doing things that would, if nature were to play its course, lead towards masturbation, I still have that habit somewhat ingrained in me.

I need to let go completely.

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