

Just sharing

Posted by 1day613 - 09 Jun 2024 19:56

There is a podcast on Spotify/apple podcasts that has helped me tremendously, it's called Overcome Pornography for Good by Sara Brewer. She is an expert in the field and has helped thousands of people overcome their urges. The one problem I have is that a lot of the people who listen to her and use her program are Christian and although she does not preach or mention anything religious there are still some things that she says that are against daas torah probably, being that she is a goy. Nevertheless, I have benefitted tremendously from it and it has gave me tools that I use everyday. My question is has anyone else listened to this and what are your thoughts on it?

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Re: Just sharing

Posted by 1day613 - 14 Jun 2024 03:30

A gut voch/ A gut shabbos. I am feeling an overall 4/10 urge to watch p and I think its because usually after a long yomtov I would just go and turn off my brain and life for a few hours and browse the internet and eventually end up watching porn. but for the past month I have been doing this new program that I created and I haven't watched porn in around 3 and a half weeks, (I am purposely not keeping such an exact streak count because I tend to get caught up in the STREAK) but I guess I just wanted to share that I'm having an urge and that's ok, I'm just gonna let this urge be here and not act on it no matter how uncomfortable it may be.

I dunno Just Sharing.

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Re: Just sharing

Posted by 1day613 - 16 Jun 2024 03:07

A gutt voch chevrah,

Sometimes I forget what watching porn does to me

What Watching Porn Does:

-creates anxiety

-creates depression

-makes me feel lethargic and lousy

-is not a good outlet for healthy sexuality

- makes me feel numb and not mentally healthy

-Does absolutely no good and just creates way more problems!!

I dunno Just Sharing.

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Re: Just sharing

Posted by 1day613 - 09 Dec 2024 19:53

Big win!!! Last night was the first time ever that I was at a chasuna and anytime I saw a girl I

didn't tense up, I didn't start to spiral into thoughts about fantasies. I just saw them as a bas yisroel, a person. My thoughts were, so what if they're pretty I am not in the parsha yet and now I know what marriage/intimacy is about I don't feel the urge/need to fantasize and go meshuga. THANK YOU HASHEM AND THANK YOU HHM

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Re: Just sharing
Posted by 1day613 - 19 Dec 2024 18:19

How do I set up my Google voice number to get the texts on my flip phone.

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Re: Just sharing
Posted by 1day613 - 19 Dec 2024 18:20

And how come my counter says day 1 when on my home page it's at day 4

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Re: Just sharing
Posted by Muttel - 19 Dec 2024 19:09

[1day613 wrote on 19 Dec 2024 18:19:](#)

How do I set up my Google voice number to get the texts on my flip phone.

You need to open google voice online and have calls routed to your regular number.

Hatzlacha with all,

Muttel

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Re: Just sharing

Posted by stopsurvivingstartliving - 20 Dec 2024 01:26

You can't. There is no way to do that.

If you have email on your flip phone then you can get the texts to your email inbox and reply to the text by replying to the email.

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Re: Just sharing

Posted by hopefulposek - 20 Dec 2024 03:53

Legabai the G-Voice, same as muttel and SSSL said.

But Legabai your win, from previous post, Awesome! I'm sorry people haven't been responding to your posts, but please keep posting it will help you and guys will tag on eventually. Feel free to reach out if you ever want chizzuk or just a shmuz,

Hatzlalah Rabbah!

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Re: Just sharing

Posted by 1day613 - 20 Dec 2024 06:12

Thank you so much for the warm welcome! I definitely will post more. I have been trying to reach out more, I definitely feel more connected to this AMAZING family when I post/reach out.

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Re: Just sharing

Posted by Muttel - 20 Dec 2024 10:18

[stopsurvivingstartliving wrote on 20 Dec 2024 01:26:](#)

You can't. There is no way to do that.

If you have email on your flip phone then you can get the texts to your email inbox and reply to the text by replying to the email.

Richtig I misunderstood and thought the question was about calls. I bought a new flip phone just to get email on it. Now I can respond to texts like SSSL said. Still annoying that I can't see a thread, only one text. But it works.

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Re: Just sharing

Posted by 1day613 - 22 Dec 2024 04:00

Had a fall to M Friday night while trying to go to sleep

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Re: Just sharing

Posted by 1day613 - 22 Dec 2024 04:04

I was really tired and went to go to sleep but when I got in bed I was wide awake. So instead of just getting back up I m. Falling on shabbos is not fun. Side note does anyone have any ideas for kenasim, in the past I have done cold showers and those worked for a while but eventually the "umf" wore off. Any ideas?

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Re: Just sharing

Posted by rebakiva - 22 Dec 2024 04:59

Hi sorry to hear about your fall.

Did you ever try a money knas, like the TAPHSIC idea?

Or you can try:

Learning a daf gemara.

Saying some tehilim.

50 - 100 pushups.

Runing around the block 5 times.

Or maybe something like:

Making a grand announcement in shul saying exactly what you did.

Slapping yourself across your face 7 times.

Biting your thumb on your left hand.

Licking your nose without tilting you head.

Drinking 3 bottles of seltzer or beer {works best on a plate of chulent}, and forcing yourself not to burp.

Honestly, I personally would try to focus on the positive, like having a tally counter to count my wins, or listening to good music or a podcast when being hit with a urge, or calling a good GYE friend before falling instead of a knas afterwards, everyone's different, but to me positivity helps me more than knasos.

Keep it up and keep us posted.

With love Akiva

Bennyh, Bennyh, Bennyh, Bennyh, Bennyh, Please punch me again, I just saw that this guys

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Re: Just sharing

Posted by rebakiva - 22 Dec 2024 05:02

thread is only up to 12 reply's since June and I'd like to get his thread going...

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Warning: Spoiler!

Honestly, I personally would try to focus on the positive, like having a tally counter to count my wins, or listening to good music or a podcast when being hit with a urge, or calling a good GYE friend before falling instead of a knas afterwards, everyone's different, but to me positivity helps me more than knasos.

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