

If I can, anyone can...

Posted by RoshYeshivasSon - 20 Aug 2013 18:03

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Long-time addict, have barely gone a day in 15 years without masturbating. I have only had one 35-day stretch a couple of years ago, and there is no reason I cannot at least replicate that streak, right? I don't know if I can, though; the emotional pain of trying again is almost too much to bear...but I have to try for the sake of my wife and children. If I can do this, virtually anyone can, but I don't know if I can. Anyway, today is my first day, Tuesday, August 20, 2013.

P.S. My screen name is true, but I won't give any more details for obvious reasons.

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Re: If I can, anyone can...

Posted by RoshYeshivasSon - 09 Sep 2013 18:01

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Day 20. Hardest day by far yet. More bad dreams.

It's like a dam which has been filling with water for days and is ready to burst.

I don't know if I'm gonna make it...

The first tough day. I hope the dam has peaked already...

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Re: If I can, anyone can...

Posted by Dr.Watson - 09 Sep 2013 18:05

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Some say there is a natural urge spike at around the 3 week mark, something to do with testosterone levels or something. anyway, just remember that the 3 week point will pass soon and the urges to act out will start to ebb away. This is a feeling, feeling don't last forever. Hang

on in there.

about the dreams, have you tried saying the first 4 perokim of tehillim before bed?

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Re: If I can, anyone can...

Posted by RoshYeshivasSon - 09 Sep 2013 18:55

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Thanks for the help.

Will try that.

You're pretty smart for a sidekick.

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Re: If I can, anyone can...

Posted by Pidaini - 09 Sep 2013 19:37

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Hang in there brother!!

Have you opened up to anyone real yet?

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Re: If I can, anyone can...

Posted by RoshYeshivasSon - 10 Sep 2013 14:50

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Day 21.

Yesterday started hard, but the rest of the day flew by.

No dreams.

No, no "opening up" for me. At least not yet.

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Re: If I can, anyone can...

Posted by RoshYeshivasSon - 11 Sep 2013 07:59

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Now that I have been clean for a little while I see what my biggest trigger is: STUDYING! I have a hard time concentrating (ADD) and when I try to study my mind goes bananas and tries to find every possible destraxtion.

**PROBLEM!!** I am just starting fall semester OH NO!

I have to find an *eitzah*

This is a huge reason I had such a big problem in Yeshiva...

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Re: If I can, anyone can...

Posted by Dr.Watson - 11 Sep 2013 15:38

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yeah I have the same thing. I often browse pictures as a quick break from studying. Studying's hard.

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Re: If I can, anyone can...

Posted by thatguyoverthere - 11 Sep 2013 15:59

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[Dr. Watson wrote:](#)

One piece of advice: don't call it the fall semester, that's just asking for trouble

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Re: If I can, anyone can...

Posted by RoshYeshivasSon - 11 Sep 2013 20:30

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I'll just call them spring 1 and spring 2

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Re: If I can, anyone can...

Posted by gibbor120 - 11 Sep 2013 23:21

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[RoshYeshivasSon wrote:](#)

Now that I have been clean for a little while I see what my biggest trigger is: STUDYING! I have a hard time concentrating (ADD) and when I try to study my mind goes bananas and tries to find every possible destraxtion.

Have you tried listening to music while you study?

Do you only have the problem when studying, or do you have trouble relaxing when nothing in particular is going on (meaning, you need constand stimulation of some sort)?

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Re: If I can, anyone can...

Posted by RoshYeshivasSon - 12 Sep 2013 04:48

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I cannot study while listening to music! I can't concentrate.

Doing nothing is not a trigger for me.

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Re: If I can, anyone can...

Posted by gibbor120 - 12 Sep 2013 22:20

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Sorry, I meant do you have the problem of "my mind goes bananas and tries to find every possible distraction".

I was just asking if you have a hard time relaxing, or are you restless when nothing in particular is going on?

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Re: If I can, anyone can...

Posted by Dr.Watson - 13 Sep 2013 01:02

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I know what you mean about studying. You go for 2 minutes and you've read an entire paragraph and you need a 5 second break before the next one. What can you do to relax in 5 seconds? Well the obvious answer is porn, but we need some less obvious answers. Personally I keep a stress ball on my desk so I can squeeze it, throw it etc for a few seconds. But yeah, I'm struggling with the same thing.

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Re: If I can, anyone can...

Posted by tehylimzugger - 13 Sep 2013 01:24

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You can watch porn for 5 secs to relax?!

Halevai!!!!

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