

Success StoryPosted by ysftw - 13 Nov 2015 12:39

Hi hi everyone at GYE!

I've been on this website now since early April of this year. 7 months of trying, and B'H in that time I've managed to cut down my falls from a near daily occurrence, to every once in a while. On the one hand this symbolises growth, on the other, I feel to an extent I have thus far failed. Whilst I have gone long periods without falling (although never yet reaching that "90" stage), I still have not yet managed to stop. And, had you asked me 7 months ago what I would have considered this, I would probably have said failure.

Indeed there are moments where I really wonder if it's impossible for me to break the habit completely. Sometimes it is so strong it overrides everything else, and I feel like something other than who I am takes control of my body and does with it what it pleases, and I am a slave to it. Like I said I am close to this narrative. I feel like I am close to hitting rock bottom, without the stupidity to really believe quitting will be a snap of the fingers.

If you want to see my story thus far it is here: guardyoureyes.com/forum/4-On-the-Way-to-90-Days/251963-Giving-it-a-go-one-day-at-a-time

What I will say which has worked so far and B'N will continue to is the use of the Taphsic method. Indeed I only seem to fall when I don't have a shavuah (still have no clue about the halachik legitimacy of making this neder but if it stops me from doing more then, well, I suppose it's a good thing).

Anyway, I'm writing this with the optimism of someone who just fell. Indeed on my 90 day chart I have yet to have one whole day clean. This is a sad state of affairs.

Never the less, sometimes you have to be insanely idealistic and hope that the world conforms to your vision of what it can be, and that you can too.

For me, I no longer have the choice whether to keep going or to stop, I must stop due to many many factors, which at this stage at least will remain anonymous.

In this forum which I've optimistically called "Success Story", I will do my utmost write completely openly and honestly, without trying to write my words for an "audience", I will try to hold nothing of my emotional state back.

The aim here is that, starting with not a single day under my belt, and a track-record of failure I will show that it is possible to turn things around, and there will be no tricks either (yes I will be working on my personal growth separately), but the only two items I will be making use of, are the Taphsic shavuot, and my willpower. Today is November 13th 2015 (1st of Kislev 5776), in 90 days it will be February 11th 2016 (2nd of Adar I, 5776), and from this day until that one this Topic will detail my success story of making it to 90, it is possible, and I will commit to being an example of how.

Every single day of those 90 days I will post something on this topic, I can't guarantee it will be more than "still going...easy day", although I do hope to add insight often etc.

The point, again, is to show that it is possible.

Where this blog will go after those 90 days I am uncertain, we'll have to see, perhaps another 90 day challenge.

The point being...it's possible, and what follows will attest to that...

See you on the other side.

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Re: Success Story

Posted by ysftw - 26 Jan 2016 07:04

Still plodding on slowly, it takes time but at times I feel that there is a deep set attitude change. "it's not me anymore, it's not something I do" ah well early days still, it's just always a good reminder for me to not get into the ring always a good idea

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Re: Success Story

Posted by ysftw - 03 Feb 2016 12:48

This is getting wild! It's already been 5 weeks since my last fall into watching pornography, but I've been shomer habit for 86 days. Crazy. Bh!

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Re: Success Story

Posted by markz - 03 Feb 2016 13:12

Amazing

KEEP on Trucking!!!

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Re: Success Story

Posted by Shlomo24 - 03 Feb 2016 18:03

Awesome! I was actually wondering where you were up to, I was going to post on the thread to see if you would respond. Glad things are going well. Keep it up!

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Re: Success Story

Posted by ysftw - 05 Feb 2016 13:59

So close to achieving a real milestone for me!

Very very excited.

I thought though, signing off for Shabbat, I'd just state for perhaps the upteenth time, how much these struggles function to allow for escapism, avoiding doing what needs to be done, avoiding becoming a stronger eved Hashem. Plating over the pain.

Just a thought, sometimes getting active is a strong help for me.

Shabbat Shalom!

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Re: Success Story

Posted by markz - 05 Feb 2016 14:04

Please please do us all a favor and detail here your lust autobio, what trucking tools gained you this success story.

We all have what to learn from each other

KOMT

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Re: Success Story

Posted by ysftw - 07 Feb 2016 21:28

Cannot believe it!!! 90 days of shmirat habit!!!! Is that a complete success story? No I fell once with shmirat eynayim, and that is definitely the next hurdle to overcome, but as can be imagined, I'm extactic. I really feel I've achieved something special and it's a tremendous and ground breaking milestone for me, a significant part of my main motivations for achievement this year.

Markz I will definitely bn write a more detailed account of how I feel I got here and what I dealt with in the upcoming days. But here's and short preview.

1. Determination...I've been trying to break free for just under a year now, and despite constant falling I kept pressing on refusing to believe it was impossible, that alone, being the optimist I think plays a massive role. If at first you don't succeed...

2. Goals outside of this...This is definitely my main goal in life right now, but essentially none of my focus goes into it, I've focused hard on pushing myself in other areas, to the sense that I have become absorbed with them. Sticking to a rigorous schedule and allowing myself very little time to focus on temptation. This also explains why I haven't written on here so much recently.

3. Not getting into the ring, I've worked hard to constantly remember this. It's not about fighting the yetzer (because then he's already won) but avoiding him.

4. Sleep. I've been getting good sleep recently, it's been a primary focus.

5. Knowing my weaknesses...avoiding being with my Internet on at the end of the day has been massive. Paying money to install a filter has probably also helped because there's financial investment in the cause.

6. Disassociation of behaviours. I think a massive help has been that in the past every time I would fall and watch pornography i would also masturbate. This reality left me feeling helpless and powerless. When I fell a few weeks ago, it was the first time I didn't masturbate too, this seems to have broken the cycle and empowered me massively. It's also reduced my incentive to watch porn because my yetzer knows the physical rewards will not be the same (bh)

7. Realising that a lot of this about avoiding taking action...feeling numb rather than being active, reading and listening to materials which have promoted action taking and training myself to become active habitually has also helped.

That's all I have for now.

The reality is that I still haven't been shmirat eynayim for 90 days yet.

But it seems that that is no where my battle ground is, and I truly believe that with time I will accomplish it!

We go on...

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Re: Success Story

Posted by iwant2begood - 07 Feb 2016 23:17

Wow amazing!!! Keep it up

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Re: Success Story

Posted by Shlomo24 - 08 Feb 2016 00:21

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Re: Success Story

Posted by BenTorah.BaalHabayis - 08 Feb 2016 05:06

Mazel Tov on your accomplishment! May you achieve many more one days

Mazal Tov!

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Re: Success Story

Posted by markz - 08 Feb 2016 05:20

Ysftw I really like what you wrote!!

And also

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Re: Success Story

Posted by Josephsbrother - 09 Feb 2016 14:38

All future destiny continues with the actions of today, today is always the Day of salvation, so let us stay in the moment, we are not looking for tomorrow's success, all preparation for tomorrow begins today. Your success brightens my day, so continue being one of the star in this site of heroes.

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Re: Success Story

Posted by ysftw - 12 Feb 2016 13:21

BH this particular struggle of Shmirat Habrit is still going strong. I feel psychologically there is now more distance between myself and my willingness to do this aveirah. I have a concrete achievement moving forward.

During this blog did I achieve what I set out to achieve? No. In terms of Shmirat einayim I fell fully once, slipped a couple of times and came very close over the last few days unfortunately.

At the same time there has clearly been a major success for in terms of Shmirat Habrit.

I will end this blog here as a testimony to that. And start a new one specifically detailing my work on Shmirat einayim. Certainly this is a far larger challenge for me and we will see how this goes.

Thanks to everyone who followed this through!

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Re: Success Story

Posted by markz - 12 Feb 2016 13:44

Hey!

Hold on!

ysftw, I'm following your "success story" truck, and would appreciate if you stay in it

Im following your progress, you're an inspiration to me, look how many thank you's I clicked for you

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