

Journey of one day at a time

Posted by Ihavenostrength - 10 Feb 2017 20:04

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This is day one or perhaps it's day zero. I fell today. It wasn't much fun. I was clean for 32 days. That is about how long I usually go for. I really want to be done with this problem. I just want to be normal. My self esteem is crushed every time I fall. Somehow internal adversity is more painful than an external adversary. For if it's an external adversary, even if he's causing you pain, you don't take the blame for it. Only the pain. With the internal losses you get both. I suppose I'm my own worst enemy. Well I hope that was morbid enough for you, because I'd like to begin my journey.

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Re: Journey of one day at a time

Posted by Shivisi\_Hashem - 10 Jul 2017 03:22

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[Ihavestrength wrote on 09 Jul 2017 17:37:](#)

Day 13: Looked at some stuff today. Not porn, but bad enough. I didn't masturbate. I don't think I'm going to restart my count. I don't think it will be beneficial. It seems that looking at porn related images may be fulfilling a different need than masturbation, intimacy vs. relief from anxiety. Any thoughts anyone?

Oh oh! Dont do that, no matter what! Stay away, let me ask you, when you walk o the street and you see thise jewish ladys, dont they turn you on? Why, they have nothing related with porn, but they still turn you in, (atleast for me) just stay away! Please get your self a better filter.... tomorrow you will be at week number 2, please dont mess around. Just do it for me, it a personal favor.

thank you...

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Re: Journey of one day at a time

Posted by Ihavestrength - 10 Jul 2017 07:51

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Day 14: Thank you guys for sharing. It means a lot to me. I have covenant eyes on my phone with a filter. However I found a loophole where I can watch inappropriate movies (R rated etc.) So I was essentially skipping through movies to find things. Not really sure how I can close the

loophole, unless I lock down all apps, which would prevent me from using GYE, which I think I need.

Feeling unworthy about what I did yesterday. Finding it hard to accept love from people. Feeling like I'm bad and rotten.

Update: Bh figured out a way to block that loophole. Obviously, can't block every one but that was a big one.

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Re: Journey of one day at a time  
Posted by Markz - 10 Jul 2017 12:54

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[lhavestrength wrote on 10 Jul 2017 07:51:](#)

Day 14: Thank you guys for sharing. It means a lot to me. I have covenant eyes on my phone with a filter. However I found a loophole where I can watch inappropriate movies (R rated etc.) So I was essentially skipping through movies to find things. Not really sure how I can close the loophole, unless I lock down all apps, which would prevent me from using GYE, which I think I need.

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This is why I don't use covenanteyes mobile app

Its a cover upp

I use safari with white lists and you can do to and save a penny at the same time

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Re: Journey of one day at a time  
Posted by Ihavestrength - 12 Jul 2017 14:35

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Day 1

No, I didn't fall thank G-d. I've just realized it's way healthier for me to live one day at a time. When I'm trying to reach a number of certain days it brings me to despair. How can I give up lust for that long? The answer is that I probably can't. However, to give up lust just for today I can usually (with G-ds help) handle. If I'm going for a certain number, it turns into one big white knuckling fest. So no more checking off days on the calender for me. I'll get there (to whatever big number it will be) when i get there.

P.S I restricted my phone and made it lust proof because of my last fall, so I probably won't be able to post daily.

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Re: Journey of one day at a time  
Posted by Shlomo24 - 12 Jul 2017 17:59

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[Ihavestrength wrote on 12 Jul 2017 14:35:](#)

Day 1

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Re: Journey of one day at a time  
Posted by TzedekChaim - 19 Jul 2017 15:37

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Agreed, ODAAT!!!! is the best way to make something stick. (especially change)  
I support "One day at a time."  
OneDayAtATime !b'Simcha!withExcitement!withStrenght!withThanks

Hatzlacha Rabba!

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Re: Journey of one day at a time  
Posted by Ihavestrength - 19 Jul 2017 17:30

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Fell with P. Didn't do M thank g-d. Seems like no phone restriction is strong enough for me.  
Maybe that doesn't work for me. Perhaps I need to start calls?

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Re: Journey of one day at a time  
Posted by dms1234 - 19 Jul 2017 20:17

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Phone calls sound like a great start!

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Re: Journey of one day at a time  
Posted by GrowStrong - 19 Jul 2017 20:38

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email me at growstrong613 @ gmail and i will send you my number

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Re: Journey of one day at a time  
Posted by Ihavestrength - 19 Jul 2017 22:33

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[GrowStrong wrote on 19 Jul 2017 20:38:](#)

email me at growstrong613 @ gmail and i will send you my number

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Re: Journey of one day at a time  
Posted by Ihavestrength - 19 Jul 2017 22:54

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My baby steps: 1.Read chizuk emails every day for a week. 2. Call into at phone conference tomm.

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Re: Journey of one day at a time  
Posted by Markz - 19 Jul 2017 23:03

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#LittleBigSteps

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Re: Journey of one day at a time  
Posted by Workingguy - 19 Jul 2017 23:09

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[lhavestrength wrote on 19 Jul 2017 17:30:](#)

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What type of phone? On iPhones you can really lock up everything should you do choose.

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Re: Journey of one day at a time  
Posted by lhavestrength - 19 Jul 2017 23:45

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[Workingguy wrote on 19 Jul 2017 23:09:](#)

[lhavestrength wrote on 19 Jul 2017 17:30:](#)

Fell with P. Didn't do M thank g-d. Seems like no phone restriction is strong enough for me. Maybe that doesn't work for me. Perhaps I need to start calls?

What type of phone? On iPhones you can really lock up everything should you do choose.

Android. I don't think restrictions are my solution. In fact, only when I totally restricted my phone did I develop an urge to test my "hacking abilities". I think me going for total restriction was a vain hope that my problem is that simple.

P.S I have covenant eyes with a filter. So I'm not leaving myself total freedom. Unfortunately,

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due to trying to block everything, I found out how to get past it, ironically. I wanted to see if I was "safe", as crazy as that sounds. I guess I've become very scared of this addiction. Sorta learned helplessness.

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