

90 days of true freedom

Posted by Zra - 05 Jun 2017 04:36

True freedom is following hashems prescribed directions from the Torah. Rather than be a slave to myself, my goal is to be a servant to hashem. God willing I will have the strength to beat my yetzer hara.

=====

Re: 90 days of true freedom

Posted by getthere - 12 Jun 2017 11:38

WOW that a wonderfull 7 days and beautifull posts, keep it coming you are encouraging many others.

=====

Re: 90 days of true freedom

Posted by Zra - 12 Jun 2017 11:39

That's definitely a good idea. I don't really like getting getting shikur anyway. I hate not feeling in control of my actions and not having full access to my brain power. The issue comes usually from peer pressure of someone who I wouldn't ever think of peer pressuring me into anything. I live with my sister and her husband and family. Im really good friends with the husband, amazing friends. But he really likes to say l'chaims at the shabbos meals. I Already control myself and drink less than him and the other guests. But they jokingly call me a little girl and are disappointed if I don't keep up. And as I've mentioned before, I hate letting people down even if it's for something little. He doesn't like drinking if I don't drink with him and so he gets slightly annoyed if I don't also drink. But at the end of the day the choice is up to me and I could always not drink at all if I wanted. I am going to give myself a limit of two lchaims per meal. Even though the rebbe says you should have 4 that you usually gets me too drunk. Thanks for the response and recommendation, it was helpful. Have a great day serving hashem!

=====

Re: 90 days of true freedom

Posted by Zra - 12 Jun 2017 11:42

Thank you! Kol hakavod on your amazing streak of serving hashem!

=====

=====

Re: 90 days of true freedom

Posted by Trouble - 12 Jun 2017 12:05

Minimize alcohol intake!

What a concept!

Who woulda thunk that?

Thank God for this site!

Now, I have been masturbating three times a day for 12 years. Any advice?

=====

=====

Re: 90 days of true freedom

Posted by GrowStrong - 12 Jun 2017 12:10

[Trouble wrote on 12 Jun 2017 12:05:](#)

Minimize alcohol intake!

What a concept!

Who woulda thunk that?

Thank God for this site!

Now, I have been masturbating three times a day for 12 years. Any advice?

I pegged you as older than that.... Is this an escalation or deescalation from your past behaviors.

=====

Re: 90 days of true freedom
Posted by Trouble - 12 Jun 2017 12:24

[GrowStrong wrote on 12 Jun 2017 12:10:](#)

[Trouble wrote on 12 Jun 2017 12:05:](#)

Minimize alcohol intake!

What a concept!

Who woulda thunk that?

Thank God for this site!

Now, I have been masturbating three times a day for 12 years. Any advice?

I pegged you as older than that.... Is this an escalation or deescalation from your past behaviors.

Memory is foggy.

=====

Re: 90 days of true freedom
Posted by Hashem Help Me - 12 Jun 2017 21:33

[Trouble wrote on 12 Jun 2017 12:05:](#)

Minimize alcohol intake!

What a concept!

Who woulda thunk that?

Thank God for this site!

Now, I have been masturbating three times a day for 12 years. Any advice?

Did you ever speak to a real person about it or just post on the forum?

=====

Re: 90 days of true freedom
Posted by Zra - 13 Jun 2017 05:12

What do you accomplish with that comment? I definitely thank god for this site. I'm in the same boat as you.

The only advice I could give is to tell you that people with your challenge and worse have stopped before as is evidenced by the folks on this site... It's up to you to figure out the best method for you to stop. Wish you much hatzlacha.

=====

Re: 90 days of true freedom
Posted by Zra - 13 Jun 2017 06:00

[Trouble wrote on 12 Jun 2017 12:05:](#)

Minimize alcohol intake!

What a concept!

Who woulda thunk that?

Thank God for this site!

Now, I have been masturbating three times a day for 12 years. Any advice?

What do you accomplish with that comment? I definitely thank god for this site. I'm in the same boat as you.

The only advice I could give is to tell you that people with your challenge and worse have stopped before as is evidenced by the folks on this site... It's up to you to figure out the best method for you to stop. Wish you much hatzlacha.

=====

Re: 90 days of true freedom
Posted by Zra - 13 Jun 2017 11:42

I had a wet dream last night. I woke up immediately in horror and I have to say this is so freaking incredibly frustrating. My streak was 8 days going strong. Right as I was falling asleep I was attacked by the yetzer hara but I thought I defended well enough blocking out the images and then I went to sleep before anything happened. I thought I had done well. But then if course a few previously defended thoughts made their way into my dream for what felt like a few seconds and then my shimrat habris was broken. What does this mean for my streak? Do I reset the streak?? I feel the need to do teshuva for this and probably need to. Perhaps I haven't been blocking images in my head fast enough with strong enough intention and therefore my subconscious mindset towards porn has not fully changed yet. If my mindset were even stronger during the day, then it should translate to being in control even at night. Please help. I am extremely upset and do not want this to happen again.

I can basically pinpoint how the wet dream came about last night, probably from several brief thoughts that I had during the day and closer to the night. I stopped all of those thoughts in their tracks and defended against them, preventing anything from happening. But It wasn't enough.

Maybe I have to go though a mental exercise after defending against thoughts. An exercise of despising those thoughts. Whenever I defend against thoughts and external images, I need to take a few seconds and be repulsed as much as I can, as truly as I can, in order to fix my subconscious state. Was incredibly busy yesterday and last night and I didn't give myself time for learning any Torah, maybe that was the reason? Looking for advice on this and what to do with my streak as far as resetting it. How have you dealt with wet dreams? All comments are appreciated. Thank you.

=====

Re: 90 days of true freedom

Posted by Hashem Help Me - 13 Jun 2017 12:44

Wet dreams are nothing. Period. You do not reset the count. Your body is used to releasing and in the beginning of breaking free, may do so a few times. You will probably wake up with erections also for quite some time. Ignore it. As you writ, you obviously are being careful with Chazal that one should be careful with day time thoughts so as not to become tamei at night. Have a great day and continue doing great. Hashem is celebrating with you!

=====

=====

Re: 90 days of true freedom

Posted by cordnoy - 13 Jun 2017 13:02

Wet dreams are nothin' except when they are somethin'.

=====

=====

Re: 90 days of true freedom

Posted by Zra - 13 Jun 2017 13:10

[cordnoy wrote on 13 Jun 2017 13:02:](#)

Wet dreams are nothin' except when they are somethin'.

And when are they "somethin"

=====

=====

Re: 90 days of true freedom

Posted by cordnoy - 13 Jun 2017 14:07

[Zra wrote on 13 Jun 2017 13:10:](#)

[cordnoy wrote on 13 Jun 2017 13:02:](#)

Wet dreams are nothin' except when they are somethin'.

And when are they "somethin"

When one is thinkin' or fantasizin' about what he's gonna be doin' to/with (which, by the way, there is a big distinction) all those naked girls he sees in his mind.

=====

=====