

Breaking a bad habit

Posted by Manessmann - 26 Jun 2017 03:56

—

=====
=====

Re: Breaking a bad habit

Posted by Hakolhevel - 27 Jun 2017 02:47

Welcome!

I'm not sure there is a way to beat the yetzer hara (maybe there is, i have no idea, but it is irrelevant)

What is relevant is... What are you going to do today to change? Saying you need to guard your eyes, I'm sure you have told that to yourself many times...

Anyway stick around gye, you may learn a thing or two...

=====
=====

Re: Breaking a bad habit

Posted by yiraishamaim - 27 Jun 2017 03:08

Welcome.

You have the right attitude. Read the GYE Handbook and keep posting.

Hatzlocho

=====
=====

Re: Breaking a bad habit
Posted by Manessmann - 27 Jun 2017 04:01

—
=====
=====

Re: Breaking a bad habit
Posted by LifneiHashem - 28 Jun 2017 03:35

Welcome! Like you said, guarding your eyes is one of the most important things we can do.
Hatzlacha!

=====
=====

Re: Breaking a bad habit
Posted by mikestruggling - 28 Jun 2017 09:48

hi welcome

i can definitely relate to the hardships you're going thru

you wrote something like today is number one recently i had my longest streak in one and a half years (19 days) the only way i made it was looking at every day like day 1 and only that day mattered NOTHING ELSE

i'm a big talker look at my streak now

but you can take it from the experts this is what everyone says including the SA doctrine

good luck!!!!

=====
=====

Re: Breaking a bad habit
Posted by dms1234 - 28 Jun 2017 22:31

Sounds like a lot of limiting actions (i wont do this, i wont do that) That has never helped me before. How many times did i say: I wont lust anymore! Or I wont watch a movie anymore! I wont masturbate anymore. Never helped me.

Reading is nice but for me thats just one tool. I need more...

=====
=====

Re: Breaking a bad habbit
Posted by Manessmann - 04 Jul 2017 01:26

-

=====
=====

Re: Breaking a bad habbit
Posted by yiraishamaim - 04 Jul 2017 01:41

[Manessmann wrote on 27 Jun 2017 04:01:](#)

I will be limiting my internet use for work and for productive things only, and also I have decided to limit the time I spend watching movies and TV.

Are you succeeding in what you wrote above?

=====
=====

Re: Breaking a bad habbit
Posted by Manessmann - 04 Jul 2017 09:42

Yes, I'm trying to find new pastimes and staying away from T.V. and internet.

=====
=====

Re: Breaking a bad habbit
Posted by yiraishamaim - 04 Jul 2017 09:52

Great

=====
=====

Re: Breaking a bad habbit
Posted by Manessmann - 02 Aug 2017 15:48

37 days clean

37 days ago I found this website and I haven't allowed my eyes to view unholy things since. I haven't ejaculated and I haven't gazed at women. It has been really tough and I am trying my best because I honestly really want to change for the better. I have been trying really hard to control my thoughts and concentrate on healthy things. I feel like things are going well, but I often have bad days where I feel sad and depressed, at times stressed and easily irritated (along with all the other withdrawal symptoms associated with an addiction). These negative symptoms only seem to be getting stronger, but I'm not giving in. I still make sure to read Torah and other holy writings every day, and I still regularly read through the Guardyoureyes ebooks to keep me enthusiastic and motivated to stay clean from lust. Slowly I'm feeling more connected to Hashem and to my Jewish faith, and I feel that something good will come out from all this in the end.

=====
=====

Re: Breaking a bad habbit
Posted by Hashem Help Me - 02 Aug 2017 19:13

Welcome. You are a real hero. An inspiration for all. The first few weeks of abstinence are horribly painful. I actually cried. Its like withdrawal from drugs.I found exercise and educational (glatt kosher) videos to be very helpful during that challenging time.

Imagine the simcha in shomayim that is going on now! 37 days of self control after having done very inappropriate actions. Incredible. May Hashem help you continue, and especially to get through the withdrawal stage, and may the zchus of what you are doing protect klal yisroel and help bring moshiach.

=====
=====

Re: Breaking a bad habbit
Posted by Hakolhevel - 03 Aug 2017 04:03

[Manessmann wrote on 02 Aug 2017 15:48:](#)

37 days clean

37 days ago I found this website and I haven't allowed my eyes to view unholy things since. I haven't ejaculated and I haven't gazed at women. It has been really tough and I am trying my best because I honestly really want to change for the better. I have been trying really hard to control my thoughts and concentrate on healthy things. I feel like things are going well, but I often have bad days where I feel sad and depressed, at times stressed and easily irritated (along with all the other withdrawal symptoms associated with an addiction). These negative symptoms only seem to be getting stronger, but I'm not giving in. I still make sure to read Torah and other holy writings every day, and I still regularly read through the Guardyoureyes ebooks to keep me enthusiastic and motivated to stay clean from lust. Slowly I'm feeling more connected to Hashem and to my Jewish faith, and I feel that something good will come out from all this in the end.

Great stuff, keep it up.

I also find life to be more difficult when clean, I miss my drug. But that's exactly what it is, a drug, I'm looking forward to finally living life bezrat Hashem one moment at a time.

=====
=====

Re: Breaking a bad habbit
Posted by Manessmann - 10 Aug 2017 06:19

45 days clean

I'm feeling rather positive and optimistic today. I'm getting some of my energy and motivation back I think. But I often still have those bad depressive days where I feel ill, lonely and worthless. Sometimes I feel like real crap. The yetzer hara is trying hard to tempt me back into perversion. So many women on the streets are dressed so....., this irritates me and it can be very hard not to look. But I know if I do look, I will just feel worse afterwards anyway, so I keep my eyes on the ground or focused on something else. So much is reminding me of how I'm single and lonely, and this has been a trigger for sin throughout my life.

This addiction has been an escape route for me for many years. I wasted so much time in lustful fantasy. I will start working more on my self-development and improving my life and career when the cravings, urges and withdrawal symptoms subside. But at the moment my brain is usually in a haze or fog.

I'm still doing a lot of religious studying, as well as regular repentance/praying and asking Hashem for His help. Praying can be real hard sometimes: I tend to just repeat myself more often than not. He knows I'm trying, I hope I will be forgiven and blessed eventually.

=====
====