

Bgit's Path Round #2

Posted by bgit - 17 Sep 2017 02:34

Day #1

After getting through 23 days I had a fall on my [last](#) challenge of making it 40 days until Yom Kippur I had a fall. I've decided to try again with some small differences which I hope will make things a little better.

First, I'm going to try and make it to Yom Kippur again, which is two weeks away. I made it 14 days last time (for the first time ever) and believe that I can do it again. I think that 40 days (and for sure 90) is too much for me at this point. Afterwards we'll see how I'm doing.

Second, I'm going to put more emphasis on exercising. Last time I got burnt out from the stress, and I didn't have masturbation to relieve it. I believe that if I would have had a way to deal with this, I wouldn't have fallen.

Third, I'm going to try and get more sleep. I noticed that when I don't get enough sleep I feel frazzled and it makes it much harder for me.

That's all for the new intro. See everyone on day 2!

=====

Re: Bgit's Path Round #2

Posted by LoveU,Hashem - 13 Nov 2017 23:29

There is a saying that the difference between a regular eater and a glutton (*freaser*) is not about what they eat but how much they think about it. Lust ain't good, but if you kill it prematurely you don't get to indulge in it, and that is a lot of progress. The main problem with lust for me is that when I lust, it takes over my entire being and all I do is lust. I can't do anything else. It consumes all of my energy. And that kills me and turn me into a worthless unproductive being.

So, don't let your yetzer (read: perfectionism) bring you down by the fact that you are masturbating so you're anyways a failure, might as well etc.. Keep strong for you have made great progress!

Hatzlacha!

Yitzchok

=====

Re: Bgit's Path Round #2
Posted by bgit - 14 Nov 2017 03:44

Day #15

B"h today was good. I was pretty busy today and no major challenges.

See everyone tomorrow!

=====

Re: Bgit's Path Round #2
Posted by bgit - 14 Nov 2017 23:15

Day #16

B"h today was good. No major struggles happened today.

See everyone tomorrow!

=====

=====

Re: Bgit's Path Round #2
Posted by bgit - 16 Nov 2017 03:01

Day #17

B"h today was still good. I didn't have any major urges and I have been trying hard to avoid triggers.

See everyone tomorrow!

=====

=====

Re: Bgit's Path Round #2
Posted by bgit - 16 Nov 2017 21:27

Day #18

I'm still clean from pornography today. I did struggle a little bit but thankfully I didn't end up looking at it.

See everyone tomorrow!

=====

=====

Re: Bgit's Path Round #2
Posted by bgit - 19 Nov 2017 00:53

Day #20

B"h I'm still clean from pornography today. I see that I don't have such an issue with pornography as I'm not finding it too dififcult not to view it. I struggle with masturbation much more. At some point I think that I'm going to add on a restriction (a fall) if I actively pursue anything with erotic intent even if it's not pornography.

See everyone tomorrow!

=====
=====

Re: Bgit's Path Round #2
Posted by Ftndrug - 19 Nov 2017 01:02

Keep up the good work! :]

=====
=====

Re: Bgit's Path Round #2
Posted by Hashem Help Me - 19 Nov 2017 03:24

Super that you are doing so well. Definitely remove all arousing images or thoughts to the best of your ability. Continued hatzlocha.

=====
=====

Re: Bgit's Path Round #2
Posted by bgit - 20 Nov 2017 02:57

Day #21

I was pretty busy today and didn't have much downtime which helps a lot. Lately I've been trying to get more involved with other people (as chavrusa's in the evening) and with some projects in my community to try and fill the "void" and downtime. ly"h it will help.

See everyone tomorrow!

=====

Re: Bgit's Path Round #2
Posted by bgit - 20 Nov 2017 23:17

Day #22

I'm reaching my record for longest time without pornography. Be"h it will continue.

See everyone tomorrow!

=====

Re: Bgit's Path Round #2
Posted by LoveU,Hashem - 20 Nov 2017 23:32

Congrats!! I'm so happy for you!!

=====

Re: Bgit's Path Round #2
Posted by Ftndrug - 21 Nov 2017 01:33

Thumbs up, Way to go brother!

=====

Re: Bgit's Path Round #2
Posted by bgit - 21 Nov 2017 22:17

Day #23

B"h it's still good and I also haven't masturbated in a little while, just because I'm not interested, without forcing anything. I haven't lusted in a while also and it's pretty amazing how "urge-less" things are if you don't start lusting. ly"h it will continue, but right now my fight is with pornography and be"h I've been successful so far.

See everyone tomorrow!

=====
=====

Re: Bgit's Path Round #2

Posted by Hashem Help Me - 21 Nov 2017 22:37

Without realizing it you probably have had less interest in masturbating being that you are BH off pornography for a nice amount of time. Keep it up and iyh you will rid yourself of both. Right now you are afraid of committing to that but b'ezras Hashem you will get there.

=====
=====