

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!

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Re: Bgit's Path Round #2

Posted by stillgoing - 17 Oct 2017 22:51

[bgit wrote on 17 Oct 2017 04:09:](#)

..... I think that I'm starting to realize that after I fall I feel good, but I start to be unpleasant to the people in my life that matter to me (wife and kids).

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****This may contain triggers so please be careful. I don't think that it's too bad, but please use your judgement****

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to the first point, I'm a pretty nice easygoing guy, but I turn into a barking dog after a fall, snapping at the smallest thing that my family does.

and to point #2,

Warning: Spoiler!

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Re: Bgit's Path Round #2

Posted by bgit - 17 Oct 2017 23:41

[cordnoy wrote on 17 Oct 2017 12:44:](#)

How about if you masturbate with another person?

My take: one who is lustin' is in a pursuit of self gratification. One who is engagin' in healthy sex (whatever the Hell that means) is involved in givin'.

B'hatzlachah

Thanks for the input. I don't think that we are saying anything different really. From what I've read around here, a person can get to a point where even though is engaging with another person he is effectively masturbating. B"h I'm not holding there and I was speaking from my own experiences. I agree with you 100% that the way the connection is formed is by being more of a giver and less of a taker.

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Re: Bgit's Path Round #2
Posted by bgit - 17 Oct 2017 23:47

B"h today was pretty good even though it was still unstructured. Also, my wife became assur so that might throw a wrench in things, but be"h it will be ok.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by Yitz1010 - 18 Oct 2017 04:19

is this tru by everyone?

i find it interesting that the first week or so of being assur passes without a hitch, and then the last few days (think even white day #7 it has happened) that i get pulled by the lust...

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Re: Bgit's Path Round #2
Posted by bgit - 18 Oct 2017 21:36

@Yitz1010

I've heard people say that on the baalei batim forums, and in the past, day 7 has driven me crazy. I'll pay attention this time around. Each time has it's own struggles I guess...

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Re: Bgit's Path Round #2
Posted by bgit - 18 Oct 2017 21:43

For the past couple of days during shemoneh esrei in the morning I've admitted to Hashem that I'm powerless over this struggle and asked him to keep me for that day alone. At maariv, I thanked Hashem for keeping me clean. At those times, there is complete serenity which I feel and which has been spilling over to the rest of the day. I've also been trying to keep in mind the reason why I don't want this, that it makes me act badly to the people that I love. This causes a great net loss compared to the pleasure of acting out. So far these attitudes have made this struggle easier and be"h it will continue.

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Re: Bgit's Path Round #2
Posted by Yitz1010 - 19 Oct 2017 05:25

when u said day 7 do u mean day 7 of 90 or 7th of clean days

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Re: Bgit's Path Round #2
Posted by Hashem Help Me - 19 Oct 2017 11:27

[Yitz1010 wrote on 18 Oct 2017 04:19:](#)

is this tru by everyone?

i find it interesting that the first week or so of being assur passes without a hitch, and then the last few days (think even white day #7 it has happened) that i get pulled by the lust...

Extremely normal. You just have to keep reminding yourself that your body does not need to ejaculate. It is a false notion we have talked into ourselves. Best proof is that with a distraction -friends, a good book, exercise, it suddenly disappears.

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Re: Bgit's Path Round #2
Posted by LoveU,Hashem - 19 Oct 2017 21:37

Keep me posted how that goes. I guess that is the essence of the 12 steps (anyone correct me if I'm wrong). Complete surrender. Hatzlacha brother and may Hashem be with you today!

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Re: Bgit's Path Round #2
Posted by bgit - 20 Oct 2017 01:54

B"h today was good. I got it from the 12 step and from Dov's posts around the site. I'm really realizing that it's true that I can't control whatever urges I do have even if they are not as destructive as some other people who are part of 12 step groups describe on this site.

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Re: Bgit's Path Round #2
Posted by bgit - 22 Oct 2017 01:29

I have to be honest, so I have to say that I had a fall on Friday. I was reading something (not bad) but there was a picture of a girl and I started lusting over it. I probably should have stopped at that point, but I kept going and I think that in the back of my mind I wanted to see another picture of her. There wasn't really anything more, but the thought of it was driving me crazy and I masturbated.

I noticed that when I was lusting, even though there wasn't anything there and I was just hoping that I would see something, I started to ignore my kids and wife. It really drives me into myself when I do that and I don't want to do anything else at the time. Does anyone have any advice on what to do in this type of situation. I mean when you're doing something innocent and you start lusting. Should I stop doing that thing immediately, even though there isn't anything really wrong? It seems like it would just be expressed somewhere else. Any advice?

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Re: Bgit's Path Round #2
Posted by RobFloyd - 22 Oct 2017 08:14

I think you already have the answer. You say when you start lusting, it drives you into yourself. It doesn't matter if the specific thing you're doing is innocent or not. If it's triggering you, you need to stop immediately. Since it remains in your mind, it's not enough to stop what you're doing. You need get out of yourself and connect to someone else... friend, family, sponsor...

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Re: Bgit's Path Round #2
Posted by starvingthemonster - 22 Oct 2017 08:15

Terribly unfortunate. I've been in your exact shoes many times. feeling like from tomorrow on i'll be clean. so very tough to fight the second and third urges. here's my advice, it's not just about how many days you stayed clean.

A: Seed is holy and wasting it is a sin.

B: The more you feed the monster inside of you the harder it is to fight it. chazal teach us there is a small organ inside your body....

C: After a fall try to tell yourself , if i want to stop this horror show from happening again I MUST STOP NOW!!!!!!!!!!!!!!

Stay strong, Pray. Keep exercising. Don't give up, start again! Read the GYE handbook. And Pray again.

Hashem is the key to everything. im hashem lo yishmor ir shuv shukeid shomer.

Have yourself in mind by refueini in shemone esra.

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Re: Bgit's Path Round #2

Posted by Markz - 22 Oct 2017 13:02

[RobFloyd wrote on 22 Oct 2017 08:14:](#)

I think you already have the answer. **You say when you start lusting, it drives you into yourself.** It doesn't matter if the specific thing you're doing is innocent or not. If it's triggering you, you need to stop immediately. Since it remains in your mind, it's not enough to stop what you're doing. You need get out of yourself and connect to someone else... friend, family, sponsor...

Bgit brother,

I had hinted about this to you a month ago on [this](#) post.

IMHO it's likely the other way around

When you drive you into yourself, you start lusting

From the gye pages you visit it seems to me that you are desperate to protect yourself (perhaps because you may have a hard time taking care of yourself) which unwittingly minimizes the care you can provide to the people / family in your life

Then when things get tough, you may take it further and when lust pokes his head you have a hard time to stop

Why are you desperate to protect yourself? Perhaps due to childhood experiences... Im not a professional but getting real life input can help you live better with the people you deal with daily, and it may automatically reduce mr Lust to insignificance!

Alternately getting into a recovery Truck with a real program e.g. 12 steps can possibly work the other way to solve the self-focus issues that we all have to some extent.

Am i making sense at all?

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