

FIGHTING progress!

Posted by Ftndrug - 30 Oct 2017 18:21

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Hi,

Ok so i guess ill make this my personal progress thread.. When I cross the finish line i'll throw a huge party :D

[if you are interested, for some peculiar reason, in "what i am all about, the short version"-check out the following [url=https://www.guardyoureyes.com/forum/19-Introduce-Yourself/321628-Im-fighting-the-drug]hyperlink[/url] :D]

Im almost a month clean now, with the help of god and gye 90 days chart and chizuk emails, which for myself i find almost impossible to believe.

At the beginning it was hard beyond belief, especially the first 2 days when i didn't yet have a filter for my phone, and in which god helped me and sent a lot of friends to be around so i had a lot to do and forgot sometimes even for a few hours about porn.

It becomes easier with the time passing but now i find myself in a new trouble. Girls turn me on too much. I just have to see a girl or seat next to one and immediately i feel an urge to look, talk and flirt with her (i didn't have that in the past, even though i had a lot more occasional chats). I start to think about my exGF too much and how "good" it was (even though looking back with clear eyes it wasn't).

Im aware of that its just me moving to the next level of 'Bchira' but still this 'nisayon' is a bit new to me and i have difficulties to deal with it.

Any suggestions?

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Re: Fighting progress.

Posted by Ftndrug - 09 Oct 2018 21:34

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1, accident. 2, 4. Why do you ask?

celebration? Lol

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Re: Fighting progress.

Posted by Ihavestrength - 09 Oct 2018 23:48

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Sorry to hear about ur setback. What was your streak before this?

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Re: Fighting progress.

Posted by Ftndrug - 10 Oct 2018 00:39

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About 366 I guess. For some reason I can't reset the day counter..

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Re: Fighting progress.

Posted by Ihavestrength - 10 Oct 2018 00:41

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Re: Fighting progress.

Posted by Ftndrug - 10 Oct 2018 00:46

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lol I don't think I need a sign for that..

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Re: Fighting progress.

Posted by lhavestrength - 10 Oct 2018 00:51

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That's a great attitude.

P.S. Full disclosure: I may or may not sometimes maybe, possibly, think that my failures indicate that I'm back to where I was when I started.

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Re: FIGHTING progress!

Posted by i-man - 10 Oct 2018 00:56

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Hi there

in June I fell ending a 10 month streak

Try to bounce back - before you know it you can regain the momentum .

It's very helpful to have someone to call to get through this period when the nasty feelings of Yiush starts making noise in your head.

Hatzlacha

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Re: Fighting progress.

Posted by Hashem Help Me - 10 Oct 2018 01:42

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[Ftndrug wrote on 09 Oct 2018 21:34:](#)

1, accident. 2, 4. Why do you ask?

celebration? Lol

Some people upon falling binge big time. If you catch yourself right away, which it appears you did by posting honestly and reaching out, it shows a healthy (probably non-addict mind). And I was serious about the celebration. Hatzlocha.

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Re: FIGHTING progress!  
Posted by Ftndrug - 20 Nov 2020 01:58

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well. hello again.

zoro knocked out again. will he stand up and fight or will he just stay there on the floor, looking bad and filthy?

but what is it? he is standing back on his feet, as strong as a steel, as sharp as a blade! he is ready for another round, roaring his determination at the dark sky.

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well whatever. lets do this. so far so good, most of the time i won.

going for the 1st day mark.

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Re: FIGHTING progress!  
Posted by Captain - 20 Nov 2020 04:43

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Just read through your thread and it was very inspiring. Good to have you back!

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Re: FIGHTING progress!

Posted by Ftndrug - 20 Nov 2020 11:23

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hello again.

thank you captain. thats what i came actually to say.

yesterday when i went to sleep after posting, i felt some strange feeling. something like a whiff of old glory, if you know what i mean. say, you unpack your old skates. or war hammer. depends on which age you live in.

anyway, i am sad to be in trouble again, but i feel privileged and some kind of pride, to have such a place to come back to.

thank you all very much, and gut shabbes.

-Ftndrug.

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Re: FIGHTING progress!

Posted by Grant400 - 20 Nov 2020 14:59

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[Ftndrug wrote on 21 Feb 2018 00:54:](#)

I want to recount for a minute here my way to 100 and something days. Hope you'll excuse the length of it.

How did i get to where i am now?

I was desperate. I was watching porn and/or masturbating sometimes 5 times a day. I was

losing my life and myself. I felt it hindering me in everything i tried to do. Friends, family, work, learning. I dont think i have to describe to you all the bad effects it had on my life, if you're here you probably know it all.

So, it all started when I prayed as never before (i was truly desperate) for enlightenment, wisdom and help from the Almighty.

I dont think it was a miracle, but surely it was the hand of G-d that gave it to me. Enlightenment, some wisdom, and a few weapons in the form of GYE.

The weapons i got were:

1. understanding. I understood the nature of my problem. Its an illness, an addiction, and as such cannot be treated by myself alone.
2. hope and encouragement. I found out that its not just me, and that people with far worse conditions could be and were healed, and that after 90 days clean the challenge should become a lot easier.
3. Occupational therapy. I started filling my day with activity that kept me occupied and satisfied without my drug of choice.
4. Substituting drug. The way porn addicts a person is by releasing tremendous amount of endorphines and so keeps him coming for more, just the way some heavy drugs do. So i started lifting weights to get the endorphines my body wanted badly. Sometimes 2 times a day. Generally, whenever i feel a strong urge, thats where i go.
5. Social support. The forum and the chat was a great tool to interact with people that have the same condition and can have the understanding and give support in times of need. Also it was a good way to get off my chest the struggles i was going through.
6. Mind based defense tool. The taphsic method was super effective. When you know you will have to pay 500 bucks if you'll have this tiny pick at bad stuff, it balances the scales.
7. Physical defense tool. I asked my internet provider to activate the free of charge web filter service they give. Even though its easy to override, it still gives me some time to rethink my decision, and blocks annoying random inappropriate material. Only bad thing about it was that i tried sometimes "just out of curiosity" to outsmart it. BH i caught myself on time and thats in the

past now.

8. Learning from other's experience. Reading through the threads of success and failure helped me to figure out the best path for myself. instead of tripping and groping in the dark alone i am just using the road marks left by others. Its much easier (APB and special thanks for CORDNOY here, his thread is awesome. though i couldn't finish it).

9. Talking to the experienced. I reached out, or more accurately, he reached out to me and clarified for me a few things. (Since i know he doesnt mind posting his name, all hail Hashem Help Me.)

10. Checking myself for flaws. Every few weeks im checking on my state of mind and general progress, for possible improvements and work needed be done.

11. asking help from the Almighty. Im adding almost every day a personal prayer at the end of 'shmone esre', asking strength and courage to pass the day clean.

The benefits i got because of my work are huge.

1. Time. I have time!!! I did so many things in that time!

2. Friends. I almost abandoned my friends because of my addiction. Now i got them back again.

3. Physical strength. Working out built my body to the level i was a few years ago and more in some areas.

4. Clarity. I am a much better learner those days. I can almost speak one more language.

5. Life. I have my life again. Everything i denied myself from is now coming back.

Now will i be able to continue forever? I pray with all my heart. Is it possible for me to fall? Of course. Do i want that to happen? No. I slip sometimes. Happens. I regret it badly. But i never let myself dwell on it. I just move forward, for if i will dwell on it it will be as foolish as just giving up the struggle and crying which inevitably will lead to more falling and crying. Instead i should analyze what went wrong and plan how to continue.

Am i free from lust? No. I am still tied to it. But with help from above the rope is getting thinner with every fiber getting cut from it. It might never completely disappear, but well, im here to work, aint i?

Huge credit to HHM for reviewing and spell-checking the post :]

Browsed through your thread. Very inspiring! I found this post and loved it! Maybe review this...its beautiful!

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Re: FIGHTING progress!  
Posted by Ftndrug - 23 Nov 2020 12:05

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anyway, so far so good.

i find myself not actually counting the days. i think the forum itself is what i need here, even though i don't have all that much time to spend here.

i also found, by reading that quote, that i'm missing a few of my tools. got to get them back somehow.

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Re: FIGHTING progress!  
Posted by Ftndrug - 23 Nov 2020 18:56

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Arsenal check.

Weapons I'm missing right now:

Thank you so much, Grant400, for quoting that up! I completely forgot about it

Workout. With the "emergency state" regulations of my country, the gyms are closed. So weapon number 4 is gone and can't be used for a while.



I need to figure out a way to workout at home. I'm not really a jumping-jacks person, but oh well. If it's all about the endorphins, i may be able to get used to it.

Reading and being part of the forum. So far, I'm only able to write here from time to time. I don't really have time to read forum's threads. Certainly not to participate. That that's too bad.. so no weapons number 8-9.

I got all the other ones though, but it might not be enough. Because, for real. How often can i

anyway, good luck everyone!

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make these diary style posts before I'll get a nice kick?