

My first bein hazmanim clean

Posted by Street - 07 Aug 2019 20:02

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I've been struggling with masturbation and lust for as long as I can remember. My situation is such that when I'm acting out I can't get out of the rut until I acted out so much that I get disgusted with myself and only then could I stop. Once I hit that point and actually stop, I stay clean anywhere from a few days up to 5-6 weeks depending on the time period (yomim noraim, beginning of zman etc) but once I fall I never manage to catch myself. Every fall goes all the way down and begins the cycle anew. B'chasdei Hashem I found gye 2 months ago and began working with the tools they offer. My first attempt at the 90 day challenge ended after 2 weeks in my usual way. I'm now on my second attempt and boruch Hashem I made it to day 27 so far which is quite a chiddush for this time of year (with all the triggers in the street). Sorry for the lengthy introduction now here's the reason for my thread. Up until now I've keeping a private log to keep up my motivation and to hold myself accountable, however now that bein hazmanim is here I plan to start keeping my log and writing my kabalos/plans here on the forum for extra accountability. Bein haZmanim is only 3 weeks long, yet I don't think I ever had a clean bein hazmanim hence my extreme apprehension going in to this stretch of my 90 day journey. My first day off is Friday so bezras

Hashem I'll post my kabalos/plans sometime today or tomorrow. If you actually made it this far on down my lengthy post I appreciate it and if you have any ha'aros let me know. If there are any bochurim who want to join and help hold of accountable I'm sure that would help.

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Re: My first bein hazmanim clean

Posted by Street - 20 Aug 2019 04:20

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Aye captain. Thanks for the idea. I actually have a seder in the sefer v'hoer eineinu but actually wanted to read the one you suggested bc I've seen it recommended here many times. So maybe I'll take your idea... But I still need a push to make the kabbalah so we'll see

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Re: My first bein hazmanim clean

Posted by Captain - 20 Aug 2019 17:20

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Maybe you want to make a kabbalah for just three days (make it really easy, like 1-2 pages) and then see whether you want to make a longer kabbalah.

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Re: My first bein hazmanim clean  
Posted by Street - 20 Aug 2019 22:15

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I'll do 2 pages for today and tomorrow and take it from there. What happens a lot is, I remember about my kabalah when I'm ready to go to sleep and if I have too much to do I may end up not doing any of it. So far I did my daf right before going to bed or sometimes even in bed most nights... I'm going to try for today's daf to do it earlier so I'll be able to read also.

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Re: My first bein hazmanim clean  
Posted by Captain - 21 Aug 2019 03:21

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Great! We're all inspired by your success and rooting for you!

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Re: My first bein hazmanim clean  
Posted by Street - 25 Aug 2019 13:13

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I never believed it possible for me to still be clean 2 weeks in to bein hazmanim being that I'm out and around and there are triggers everywhere, however my real test is this week bc I plan to go away this week (hopefully nowhere too pritzusdik but anywhere and everywhere is except the beis medrash...). For this I need extreme extreme vigilance not to get sucked in to lusting since there is no time to recover between one attack and the next. Normally in the worst case scenario that I'm out and lust, when I get back to the relative safety of the indoors I could work to get back on track, but when I'm away and out all day I don't have such a luxury of lusting even a drop bc I won't be able to get back on track and I'll run the risk of falling all the way... Hashem should protect me and all of us on GYE and gantz klal yisroel amen

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Re: My first bein hazmanim clean  
Posted by Dave M - 26 Aug 2019 12:58

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That's very good that you are aware that you will be entering a challenging situation. Please keep posting daily updates. Know that we are behind you every step of the way.

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Re: My first bein hazmanim clean  
Posted by Street - 27 Aug 2019 05:55

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IHi y'all. Holding at day 46 boruch Hashem. I just picked up on a tactic the Yetzer hora uses on me and I'd like to share it. Everyone is always saying that the first look is not our fault, not looking away is. However my Yetzer hora comes to me even where I know there's pritzus but have not seen it and tells me you could glance over there bc the first look is not your fault. This is quite obviously patently false bc the "heter" of the first glance is only where it was unavoidable however this trick of his was a bit effective over the course of the day so I'm speaking it out in an effort to expose this thought process for what it is: a plot by the Yetzer hora to get me to look e hopefully through this I won't fall for it next time.

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Re: My first bein hazmanim clean  
Posted by sleepy - 27 Aug 2019 06:05

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the olam is not available right now , but on their behalf i want to say WAY TO GO!!

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Re: My first bein hazmanim clean  
Posted by Hashem Help Me - 27 Aug 2019 22:11

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Street, you are an amazing inspiration for all of us!

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Re: My first bein hazmanim clean  
Posted by Markz - 28 Aug 2019 00:47

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Agreed!!!

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Re: My first bein hazmanim clean  
Posted by Street - 02 Sep 2019 03:56

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Immediately after I started this thread I got nervous that I should have added a question mark to the topic in case I don't make it through bein hazmanim clean. Boruch Hashem that wasn't necessary, and this bein hazmanim was amazing compared to last year when I went all kinds of places that I didn't belong. The only difference between this year and last is that this year I'm on GYE and this forum. I must therefore give you'all here at GYE who have given me chizzuk over the summer a tremendous yasher koach. May you all be zoche to complete freedom from all taava and addiction. I plan to block my internet access for the Zman so goodbye to everyone and I hope to be in touch next time I get access.

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Re: My first bein hazmanim clean  
Posted by sleepy - 02 Sep 2019 04:05

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thanks for all the chizuk that we got from you Hatzlacha!

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Re: My first bein hazmanim clean  
Posted by Street - 10 Oct 2019 20:16

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Hi. I'm back for my second bein haZmanim clean bezras Hashem. I hope to make similar kabalos as last time but I don't have time now. Yom Kippur was day 90 on my count so I'm on the woh for now. I actually feel my motivation slipping a bit now that I hit 90...

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Re: My first bein hazmanim clean  
Posted by ColinColin - 10 Oct 2019 21:59

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Well done on getting to 90 days.

Do not fixate on that number.

It is not about reaching 90 days, it is about staying clean each day.

Avoid counting - instead take it each day by day.

Regard each clean day as a great achievement.

Because it is.

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