

My first bein hazmanim clean

Posted by Street - 07 Aug 2019 20:02

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 - 13 Oct 2019 01:41

The thing that I think helped keep me on track the most recently is the realization that I can obviously live without all this lusting like I've done for the past three months as you pointed out- Hashemhelpme.

That being said I am having a bit of a struggle now. I don't think I'm holding by acting out as of now but I'm having a lot of attacks of flashbacks to things I've seen and it's creating a strong urge... Coupled with the added stress of erev Yom tov and bein haZmanim I'm nervous I may not last. The past two years after 40+ days clean from elul through Yom Kippur I fell sometime during succos. This was boruch Hashem I have over 90 day streak but I must be extremely vigilant bc now is a vey dangerous time. As always I would appreciate any tips or feedback.

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Re: My first bein hazmanim clean

Posted by Tzvi5 - 13 Oct 2019 03:22

???? ??, don't dwell on it

use the mind to think of something else and better yet thoughts of torah Torah (my understanding of a letter from the Lubavitcher Rebbe)

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Re: My first bein hazmanim clean

Posted by Street - 13 Oct 2019 03:45

@Tzvi5 easier said than done but I'm trying. It keeps coming back though. I get rid of it for a few hours but it eventually comes back. It's bothering me a lot more often now than over the past few months, though there were rough patches then also.

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Re: My first bein hazmanim clean

Posted by Tzvi5 - 13 Oct 2019 03:48

It's a lot easier if your mind is already filled with torah.

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Re: My first bein hazmanim clean

Posted by Street - 13 Oct 2019 18:03

NNot much time to post but I just want to write out my kabalos for the next two days to give myself the added mechayiv. I will bli neder: 1 say the Yom of the the day of the week in tehilim. 2 learn 1 daf gemara with rashi 3 will not go in to certain area of my house unless directed to and I can't get out of it.

I hope to report back on chol hamoed and to make renew for the rest of bein hazmanim. Wishing a good and clean Yom tov to all.

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Re: My first bein hazmanim clean
Posted by Street - 08 Nov 2019 04:10

The good news first or the bad... Boruch Hashem I made it to day 96. Boruch Hashem I fell on day 97 and day 98 and day 99 boruch Hashem since then I've been clean. It was definitely easier the first time but I hope that I'm stronger after this fall so it will have at least accomplished something good. I have to thank all GYE members for helping me get to 96 clean and its only thanks to you that I managed to get back on track after "only" 3 days I can't remember a fall ever being this short before.

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Re: My first bein hazmanim clean
Posted by Hashem Help Me - 11 Nov 2019 01:17

Your post shows a healthy mind BH. Firstly, you showed staying clean for an extended period of time is possible, something that so many of us simply did not believe. Secondly, your fall did not cause yi'ush. You got back up and b'ezras Hashem are continuing. Thirdly, instead of hiding, you shared the fall with the oilam here, recognizing that honesty coupled with support from a chevra are two major ingredients in getting iyh completely out of this mess.

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