

Daily post about my struggles

Posted by Doitforhashem - 18 Oct 2019 19:37

So I fell today which was Eruv Shabbos. I don't know how anyone feels, it it feels terrible. Being that I want this victory (90 days) so badly, I came on to guard your eyes, and I've seen that people suggested to post daily. I'm gonna start, Bli neder, to post daily.....HERE WE GO!

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Re: Daily post about my struggles

Posted by Grant400 - 24 Nov 2020 14:26

[Doitforhashem wrote on 24 Nov 2020 05:17:](#)

Hey guys, As you know I'm a single bochur trying to whether this storm of toivas. I just came back from a vort, and there were so many girls my age in tight skirts and dresses, my hormones are raging. If there's someone that can give me a little chizuk that would be amazing. And kudos to @Realestatemogul for giving me the idea to come here to you guys when I'm weaker as apposed to when everything is going great.

Welcome back! I read through your thread and its clear that you are highly motivated. Awesome! Let's do this together.

Now, about the vort of course you have raging testosterone! You are a healthy male, and we all know tight clothing doesn't leave much need for imagination. Its like saran wrap on a piece of fruit. Don't worry about that. There's nothing we can do about natural (healthy) attraction.

What can we do? We can understand and internalize that these feelings are just thoughts. They need not be acted upon nor dwelled upon. They CAN be ignored. Yes, it feels like a need and a necessity sometimes, we even feel like we will physically bust if we don't get some! But. It's all in our head. It's simply a misunderstanding.

When I understood this for the first time it was (and still is) immensely liberating. Instead of literally being in emotional and physical pain and obsessively obsessing (yes that's obsessing to the second power, at least) over it, I realized that I can move on with my life and not concern

myself with it.

Does that mean I don't have the desire? I don't want it badly? Of course not! I still have the same taste for it, the difference is in my reaction to the feeling. Now it's not a "need" it's just something that I want and I can calmly tell myself that for many reasons I won't be indulging. This has literally been a game changer for me.

In addition I try to be careful by simchas. Its very difficult because everyone is dressed to kill, so for my own sanity and happiness I try to watch my eyes. Do I have the desire to indulge? Heck yeah! But I know it's a short lived pleasure with much longer lasting negative consequences. If that means I won't go into the hall by the badeken, so be it. I try to be on my phone or shmuz with someone by the chuppa etc. Again, is it frumkeit because I "don't look at women"? Maybe, maybe not, but what I know is that regardless of religion (regarding the looking) if I don't look I will be much happier and calmer for a much longer amount of time than the fleeting pleasure of checking out the other side.

Again, great to have you back! Please stick around!

Grant

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Re: Daily post about my struggles
Posted by Grant400 - 04 Dec 2020 16:39

Hellooooooooo! Can you heaaaaaaaaarrrrr meeee?!? Where have you disappeared to yet again?!?

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Re: Daily post about my struggles
Posted by Doitforhashem - 06 Feb 2023 03:16

Hey, I'm back in here. I'm so sorry. I have t looked at forums in a while. I appreciate so much

that you answered me and wrote that out. It was not for nothing. I appreciate that response very much. Gonna try to be more active here now. I know it's been a bit. Question while I'm here, do you happen to know if there's a specific pace you're supposed to do the f2f program at ? For example, I just completed the unit where I'm supposed to track my urges for the next seven days, so should I not continue on to the next unit till 7 days are up or should I continue regardless?

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Re: Daily post about my struggles
Posted by Geshmak! - 06 Feb 2023 03:49

Welcome back! I personally think it's better to do a week at a time like work the this week on urges and next week comes the next project to work on ... like sometimes if u do something to fast it goes out as fast as it came in. Again this is my personal opinion. Good luck! Keep us posted on what you decided to do and how you like the program and your progress... hatzlachah rabbah!!

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Re: Daily post about my struggles
Posted by Geshmak! - 06 Feb 2023 03:50

[Grant400 wrote on 04 Dec 2020 16:39:](#)

Hellooooooooo! Can you heaaaaaaaaarrrrr meeee?!? Where have you disappeared to yet again?!?

Look who's talking! I never knew you but I just read some of your post you sound like a geshmakah guy! Please can you come back to this forum and give us the inspiration you used to?!?! PLEASE!!

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Re: Daily post about my struggles
Posted by Doitforhashem - 06 Feb 2023 03:56

I'm gonna have to agree. You sound like an absolute legend. Come back!!!

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Re: Daily post about my struggles

Posted by Doitforhashem - 06 Feb 2023 03:57

Thank you so much for this. I'm gonna see what some other people say and make a decision. I appreciate the idea.

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Re: Daily post about my struggles

Posted by Geshmak! - 06 Feb 2023 04:02

[Doitforhashem wrote on 06 Feb 2023 03:57:](#)

Thank you so much for this. I'm gonna see what some other people say and make a decision. I appreciate the idea.

Your very welcome!

btw regarding your username "do it for H' " it's nice but don't forget your really doing it for yourself. Life as a clean holy Jew is something that can't be put down in words it has to be felt.

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Re: Daily post about my struggles

Posted by Doitforhashem - 06 Feb 2023 04:04

I'm just gonna change it now. Lol. I've received way too many comments on it and I didn't put that much thought into it when I created it.

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Re: Daily post about my struggles

Posted by doitformyself - 06 Feb 2023 04:06

Done.

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Re: Daily post about my struggles

Posted by Geshmak! - 06 Feb 2023 04:13

[doitformyself wrote on 06 Feb 2023 04:06:](#)

Done.

Wow your so cool and swift! Now I know why you want to go to the next week in the f2f

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Re: Daily post about my struggles

Posted by doitformyself - 06 Feb 2023 04:16

Honestly, I'm just so done with running around in circles. I want legit change am I'm hopefully gonna tackle this head on. I can only try my best and hope that Hashem helps with the rest.

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Re: Daily post about my struggles

Posted by Geshmak! - 17 Feb 2023 18:36

Hey brother! What's up? What are you up to??? You can't keep as waiting like this... give us a update please.

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program... lol

Re: Daily post about my struggles

Posted by doitformyself - 17 Feb 2023 20:03

Hey sorry, I was writing on other chat boxes and the open chat so forgot about this one. Bh I've been strong. In a couple days I will reach 2 weeks lyh which is an amount of time I've not been able to withhold from P&O since I was in Yeshiva in israel. Using the f2f program and really internalizing how detrimental this can be for when you get married, it's not something I want part of my life. A huge tactic that I've been using is, when I come across a temptation to act out in any way, I just think to myself, "do I really not want to enjoy being with my wife?" " Do I not want to be able to enjoy the small things in life ?" And that usually knocks me right out of it. Not to say that it's never hard but it's definitely been a powerful tactic.

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