

Loosing the luster

Posted by Jj123 - 12 Mar 2020 18:45

Im on day 33 and had small slips in the past few days. I thought I'd start a thread to keep myself more accountable and honest. Don't have much time now, but I'm taking a moment to

Cheers

=====
=====

Re: Loosing the luster

Posted by Hashem Help Me - 04 Aug 2020 01:20

~~start a thread before convincing myself otherwise~~

17 is gemaria "tov". In sforim it refers to being kosher in these issues as "tov". Keep it up, and don't get fazed by some withdrawal which is normal and to be expected. Exercise helps a lot, as well as having an accountability partner to reach out to.

=====
=====

Re: Loosing the luster

Posted by Jj123 - 05 Aug 2020 17:23

Yesterday/this morning was pretty bad. Kinda in that grey area between slip and fall even with my definition. I think my motivation is really down so that's no good. I think there is a connection between motivation and doing well, which leads to a spiral, for better or worse.

Anyhow today I rly exercised for the first time in a while and it helps. Hopefully I'll still feel that later tonight.

I'll try and post again tomorrow.

=====
=====

Re: Loosing the luster

Posted by Jj123 - 09 Aug 2020 01:50

23 days into this streak.

I feel like I'm in that limbo I wrote about in the Tisha bav post. I done the cost benefit analysis, read up etc, but I still feel trapped in the middle ground of wanting and not wanting to leave it behind. In a way I'm more motivated to not be stuck here than to be clean. I try to be a religious jew and don't plan on leaving that behind any time soon. If I take that as a given, it's a choice between a life with cognitive dissonance in this area, vs one without. I wish I had purer motivations, but at thi point I just don't. Meaning I want to stop not because it is assur per se, but because living as a Jew while being involved in this is a recipe for unwarranted pain, and not living asa Jew is just not an option.

It's kinda warped, but if I'm being honest with myself it's where I'm at.

In a more lemayasa note, this week I hope to keep a more structured schedule which iyH will lead me to more productivity which always is a boost.

Thanks for the support yall

=====

Re: Loosing the luster

Posted by wilnevergiveup - 09 Aug 2020 05:09

I am curious if what you write about is the exact answer to your question. Maybe the answer is to try to work on "purer" motivations like gratitude for example. I don't want to preach, nor do I want to say that I know exactly what you are going through but for me this was a game changer when I was going through this stage. I hit a lull and just was not in the mood, unmotivated and working on growing in other areas really helped boost me.

The most important one, I think, is working on gratitude. When you are grateful you are automatically motivated to do the will of the person you are grateful towards. The *Chovos Halevavos* (*sha'ar avodas haelokim*) says that this should be one of your prime motivators (along with the feeling of debt to G-D) in the service of Hashem. This is also true in any relationship. You can even read through it, it's fascinating.

Just an idea.

All the best,

wilnevergiveup

=====

Re: Loosing the luster

Posted by Grant400 - 09 Aug 2020 08:00

Just adding to what wilnevergiveup suggested. When the goal is to "not do bad" then the motivation can get low. If you create an "I want to do good mentality" it's a game changer.

Learning to cherish the positive and not just to despise the negative will give you a new motivation and appreciation.

Work on your connection with Hashem. Small steps. Kavanah by one beracha in shemona esrei. A page of mesilas yesharim daily. Asher yatzar properly etc. All these will foster a deeper relationship and allow you to appreciate staying clean in a fresh light.

Grant

=====

Re: Loosing the luster

Posted by Im Tevakshena Kakasef - 09 Aug 2020 11:19

Hi [Jj123](#),

Just to add to what the guys above me are saying - I heard the Shaarei Tehuva writes the way to leave cheit is to add a little bit of yiraas shemayim each day. Not necessarily the fact its asur, rather the motivation is 'I want to be close to Hashem'. You write "not living as a jew is just not an option." I don't know if you mean because of your societal pressure, (e.g. your family would kill you and feed you to the dogs,) or because you yourself know that to be a goy and have no purpose in life besides for self satisfaction, is really no life at all. But to be a yid, is really pretty awesome. If its the latter, thats already a solid motivation.

All the best

=====

Re: Loosing the luster

Posted by Jj123 - 10 Aug 2020 16:24

I like to think that in addition to societal pressures etc, the reason I don't view it as an option is because it's the truth.

Also, even if I weren't from Id like to think id still put in the effort to stop and better my life.

A life without cognitive dissonance in this area can still be sad...

You guys are right that this has to be tackled more holistically. I think someone once asked the chazon ish about which middos he should work on, and he replied that working on oneself is like lifting a stick. Wherever you hold it and pick it up from, the rest also gets lifted up. I think I'm finally understanding that story.

Thanks for the responses

=====

Re: Loosing the luster

Posted by Jj123 - 11 Aug 2020 20:39

This is something that everyone says, but taking care of myself physically really helps. Excercise, moderated eating, sleeping enough, clean living space.

I think when we are down in ourselves we end up neglecting ourselves.

And when we take care of ourselves, we feel energized physically *and emotionally*.

Very related to the Chazon ish mashal from previous post...

=====

=====

Re: Loosing the luster

Posted by Dave M - 11 Aug 2020 20:41

[Jj123 wrote on 11 Aug 2020 20:39:](#)

This is something that everyone says, but taking care of myself physically really helps.
Excercise, moderated eating, sleeping enough, clean living space.

I think when we are down in ourselves we end up neglecting ourselves.

And when we take care of ourselves, we feel energized physically *and emotionally*.

Very related to the Chazon ish mashal from previous post...

Agree. I recently took up jogging. Helps burn away tension and create that positive energy.

=====

=====

Re: Loosing the luster

Posted by Grant400 - 11 Aug 2020 20:56

Just something super interesting. I know everyone says exercise helps but for me after exercise
my sexual tension increases tenfold. Weird.

=====

=====

Re: Loosing the luster

Posted by Meyer M. - 12 Aug 2020 00:51

[Grant400 wrote on 11 Aug 2020 20:56:](#)

Just something super interesting. I know everyone says exercise helps but for me after exercise
my sexual tension increases tenfold. Weird.

=====

=====

Well the forums would be pretty boring if everyone was the same...

Re: Loosing the luster

Posted by Grant400 - 12 Aug 2020 01:26

[Meyer M. wrote on 12 Aug 2020 00:51:](#)

[Grant400 wrote on 11 Aug 2020 20:56:](#)

Just something super interesting. I know everyone says exercise helps but for me after exercise my sexual tension increases tenfold. Weird.

Well the forums would be pretty boring if everyone was the same...

=====
=====

Glad to be of service!

Re: Loosing the luster

Posted by wilnevergiveup - 12 Aug 2020 04:04

[Grant400 wrote on 11 Aug 2020 20:56:](#)

Just something super interesting. I know everyone says exercise helps but for me after exercise my sexual tension increases tenfold. Weird.

For me exercise doesn't necessarily help with lust but it really helps with tension and stress which can be a huge trigger.

=====
=====

Re: Loosing the luster

Posted by Jj123 - 12 Aug 2020 05:58

Similar to what you are saying, I try to excersice because it keeps me in good spirits and energized. I'd say that's worthwhile independent of any gye considerations (not that they don't exist).

=====
=====