

Fresh thoughts

Posted by lhavestrength - 24 Apr 2020 01:41

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Day 1: Hey all! Hope everyone is doing well during these crazy times. Today was the first day in my journey to 90 days, and I'm going to post everyday until 90 with G-d's help.

I've been on GYE for a while, with some breaks in between joining and now. Thankfully I've had a lot hatzlacha as a result of the help of many here and offline. This helped me stay "clean" for ).

In any case, I learned a lot from GYE, and it helped me hugely. In fact, I even achieved my first 90 days on GYE!

In addition to GYE, I've used many different resources in my journey (therapy, friends, family, groups, and reading). My involvement with GYE occurred mostly in the beginning of my journey, but there have been times where I tried to be active here again because I felt it may help me. Those attempts at revival were not very successful and I often felt like I had outgrown GYE. I always posted on my old thread and I think that contributed to making it difficult to start fresh; hence this new topic.

some very long periods of time, and some short periods as well (which is why I'm here now

In any case, sorry for the ramble. If for some odd reason you'd like to check out my old thread, you can do so here: <https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/305558-Journey-of-one-day-at-a-time>

Thanks for reading if you made it this far. Hopefully I'll get to know some of you over these 90 days and I'll actually stick around this time.

G-d bless!

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Re: Fresh thoughts

Posted by Im Tevakshena Kakasef - 12 Oct 2020 09:35

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[i-man wrote on 12 Oct 2020 04:43:](#)

Great post , aside from the nonsense about talking nonsense...

seriously if everyone's nonsense would be like your nonsense the world would be a much better place.

Seconded. Your posts have a life and soul of their own. Keep them up please.

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Re: Fresh thoughts

Posted by Ihavestrength - 13 Oct 2020 04:36

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Day 162: OK day today, BH. Watched a movie on the plane. I wasn't looking to lust, but watching it definitely resulted in increased urges today. I hadn't really had the chance to watch a movie in a while, so I sort of "forgot" how potentially triggering they can be. Probably not something I'll be doing again for a while. Anyways, tomorrow is another day, so I'm gonna head out now. Have a great night everyone!

Edit: Oh ya, I forgot to congratulate myself. Almost halfway to my new goal of 180 days. Woot!

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Re: Fresh thoughts

Posted by Ihavestrength - 14 Oct 2020 05:24

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Day 163: Good day, BH. Oysh it's late. Some things that happened today. Minyan. Learning Torah. Exercise. Studying. Class. Worrying. Being scared. Guitar. Song-writing. 2 coffees. 1 pill of ADHD medication. 1 beer. Thinking about someone I dated. Wishing I still could be dating them. Feeling guilty about having that desire. Ok, looking forward to a great day tomorrow

bezh.

Have a great night everyone!

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Re: Fresh thoughts

Posted by OivedElokim - 14 Oct 2020 05:58

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But seriously, I know what that's like. Anxiety is not fun (speaking from lots of experience...)

Also, there's no reason to feel guilty about having desires. It's not wrong. You can't control it. Pursuing desires (in thought or actions) is where the problem begins.

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Re: Fresh thoughts

Posted by wilnevergiveup - 14 Oct 2020 07:49

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[Ihavestrength wrote on 14 Oct 2020 05:24:](#)

Worrying and being scared. Two different tasks that can't be done properly at the same time...

Day 163: Good day, BH. Oysh it's late. Some things that happened today. Minyan. Learning Torah. Exercise. Studying. Class. Worrying. Being scared. Guitar. Song-writing. 2 coffees. 1 pill of ADHD medication. 1 beer. Thinking about someone I dated. Wishing I still could be dating them. Feeling guilty about having that desire. Ok, looking forward to a great day tomorrow bezh.

Have a great night everyone!

Sounds like you had a really nice, normal and healthy day.

*Halavai* by us all!

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Re: Fresh thoughts  
Posted by Ihavestrength - 15 Oct 2020 00:20

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[wilnevergiveup wrote on 14 Oct 2020 07:49:](#)

[Ihavestrength wrote on 14 Oct 2020 05:24:](#)

Day 163: Good day, BH. Oysh it's late. Some things that happened today. Minyan. Learning Torah. Exercise. Studying. Class. Worrying. Being scared. Guitar. Song-writing. 2 coffees. 1 pill of ADHD medication. 1 beer. Thinking about someone I dated. Wishing I still could be dating them. Feeling guilty about having that desire. Ok, looking forward to a great day tomorrow bezh.

Have a great night everyone!

Sounds like you had a really nice, normal and healthy day.

*Halavai* by us all!

Hehe. I actually debated whether to write "Good" or "OK day". Decided to go with positivity for

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Re: Fresh thoughts  
Posted by Ihavestrength - 15 Oct 2020 05:08

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Day 164: Good day today BH. Didn't have a moment to pause and appreciate the good today, but will try to do so tomorrow Bezh. Feeling a lot of fear. Fear of failing at school.

Quotes to myself:

"Bitachon and Hishtadlus, please report for duty."

"Don't compare yourself to others. You don't need to do things the same way as most, for it to be the right way for you."

"The main thing is not to be afraid *at all*."

Have a great night everyone!

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Re: Fresh thoughts

Posted by Ihavestrength - 16 Oct 2020 03:34

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Day 165: BH, halfway to my goal of 180 days! Yay me! I was super tired today and was not able to function well. Turns out I need sleep. The positive side is that I'm tired because I'm getting up on time for minyan. The negative is that I was going to sleep late. Thankfully, the solution is obvious. Just go to bed! "Ok, chill, I'm going, I'm going."

Good night y'all!

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Re: Fresh thoughts

Posted by OivedElokim - 16 Oct 2020 03:40

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You inspired me to get to bed now and get up for minyan (haven't done either one this week...)  
Just another zechus under your belt...

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Re: Fresh thoughts  
Posted by Ihavestrength - 18 Oct 2020 03:11

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Days 166-167: Nice shabbos BH. Had some urges. Mostly due to stress. School-related stuff.  
Sometimes the best thing for me to do when I'm overwhelmed is just to take a break and chill.  
Anyway, have a great week y'all!

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Re: Fresh thoughts  
Posted by Hashem Help Me - 18 Oct 2020 14:05

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[Ihavestrength wrote on 18 Oct 2020 03:11:](#)

Days 166-167: Nice shabbos BH. Had some urges. Mostly due to stress. School-related stuff.  
Sometimes the best thing for me to do when I'm overwhelmed is just to take a break and chill.  
Anyway, have a great week y'all!

That's the game changer buddy. So many of us trained ourselves to use pornography and  
masturbation as pacifiers/stress relievers. Once we start learning kosher and healthy ways to  
regulate ourselves, our reliance on the garbage diminishes incredibly.

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Re: Fresh thoughts  
Posted by Gevura Shebyesod - 23 Oct 2020 10:48

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Hey IHS where you at? We miss your daily updates. Hope you're OK...

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Re: Fresh thoughts

Posted by lhavestrength - 29 Oct 2020 01:35

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### **Update**

Hey all, I apologize for going AWOL. I'd like to give you an update on my situation. Last motzei shabbos (not this past one) I fell after over 5 and a half months of being clean. I watched porn and masturbated a few times. Then I went about a week clean and masturbated on Monday and  
Ok, that was your  
update. Now let's head into reflections; the fun part.

### **Reflections on Falling**

Why did I fall? Some of the contributing factors seem to have been: having a stomach ache, not being able to fall asleep, and just generally being under a lot of stress. I decided to look at porn and not just masturbate because I figured I may as well go "all out." I didn't feel like I needed to watch porn per se, I just figured I may as well watch and get "material" to masturbate to.

I learned (not for the first time) that looking at porn definitely makes me feel worse afterward vs. masturbation alone. I also learned that I don't need porn to masturbate, and I actually get more pleasure out of masturbating without it. It also helps that I don't feel nearly as bad after just masturbating. Therefore, when I choose to fall, I think it's important that I just masturbate and  
Tuesday, IRC, this time without porn. Now, I've been clean today so far  
don't look at porn.

### **Looking Ahead**

After falling, I asked myself where to go from here. I found that I fell again after a week because I had no plan or focus on what I was trying to accomplish, and I felt that masturbation alone didn't make me feel so horrible, so why not do it again. I told myself that it's normal and expected, especially from someone under so much stress like myself.

I also recognized that while I was motivated to refrain from porn and masturbation because I want to live in congruence with my values as a frum Jew, (which state that these things are prohibited) I only managed to actually refrain by using "shelo lishma" tools such as counting days and posting here on the forum. Only by creating significance out of staying clean for a certain amount of time and the daily posting which reminded me to stay focused, was I able to amass really long streaks.

There isn't anything wrong with "shelo lishma" tricks or tools of course. It's like someone who

orders danishes for his weekly chavrusa learning. He wants to learn for the right reasons, but he is smart so he using everything he can to motivate himself, like danishes. Same thing with my counting days and posting on the forum. It helps me keep this mitzva of shmiras einayim and shmiras habris.

After this fall I started wondering (not for the first time) whether I should be giving so much attention to this issue by counting days, posting, watching the daily boost videos etc. I had this question not because I thought that focusing on this would be counterintuitive (although there is some element of truth to that as well). Instead, I started questioning if this is what I *should* be doing. As in, is it the *correct* thing for **me** to do?

Why wouldn't it be the correct thing for me to do? For example, let's say that I try to go to minyan every day (happens to be a true fact). Let's also say that I find it really hard to go to minyan and end up not going some days. I feel bad when I don't go, and generally, I think I'd be better off going. Now let's say that because of my difficulty in going to minyan, I decided to join an online support group where I posted about my struggles and successes, and also bought a calendar where I marked off each day I went to minyan. I also set different goal streaks and celebrated when I achieved my goals.

In this example above, I personally don't think that doing this is the solution to my minyan problem. While there isn't anything *wrong* with doing the above-described actions for solving my laziness to go to minyan, I don't think it would be the healthiest thing for me. While minyan is important to me, it isn't everything, and taking the above actions may cause me to give going to minyan undue importance at the expense of my sanity.

### **Conclusion**

So I think going forward I'm not going to be posting or counting, not even keeping track of days at all. Not even checking once in a while how long it's been. I'm not aware of any mitzvah in the Torah that requires me to do so. I don't feel very setback by this fall, and I don't feel like I need to "get back" to where I was. Honestly, with one day clean, I feel exactly where I was a week ago. I feel just as in control etc.

If someone is dealing with a bad habit/addiction, let's say chronic porn watching, and wants to stop, support and tracking days perhaps can be helpful. I just honestly know that what I'm dealing with isn't that. Masturbating every now and then is not a bad habit or addiction. Yes, it's something I don't want to do because it is against my values, and I'll try my best not to. I just don't think I need to make this a focus.



I waited to write this because frankly I didn't have the time or energy. I welcome any feedback from y'all. Love you all and wishing everyone a great night!

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Re: Fresh thoughts

Posted by i-man - 29 Oct 2020 02:51

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Hey nice to hear from you

What about the rambling ? Your not going to deprive us of that are you?

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