

Hayom Yom

Posted by BHYY - 13 May 2020 03:20

Hayom Yom Rishon...

I'm not so great at writing all this out but you have to start somewhere. I've been struggling with watching and masturbating for years. B"H over the past couple of years I've made major improvement by speaking with a close Rebbe, chashuve members of GYE, and seeing a therapist. But I still have never made it to 90 days.

Today I start my journey to 90 and beyond.

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Re: Hayom Yom

Posted by Grant400 - 31 Jan 2021 17:21

Great post!

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Re: Hayom Yom

Posted by BHYY - 31 Jan 2021 17:34

Help me.

Save me.

Online course. I've been here for 3.5 hours already and still have 3 more hours to go. Soooooo

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Re: Hayom Yom

Posted by Grant400 - 31 Jan 2021 17:36

[BHYY wrote on 31 Jan 2021 17:34:](#)

Help me.

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Online course. I've been here for 3.5 hours already and still have 3 more hours to go. Soooooo

monotonous and boring. And sooooo not good for my urges.

Unfiltered?

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Re: Hayom Yom

Posted by BHYY - 31 Jan 2021 17:37

[Grant400 wrote on 31 Jan 2021 17:36:](#)

[BHYY wrote on 31 Jan 2021 17:34:](#)

Help me.

Save me.

Online course. I've been here for 3.5 hours already and still have 3 more hours to go. Soooooo

Unfiltered?

No, filtered. But sitting here for hours on end bored and listening makes me really want to masturbate.

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Re: Hayom Yom

Posted by BHYY - 31 Jan 2021 17:38

So frustrated just listening to him talk, and talk, and talk, and talk, and talk.....

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Re: Hayom Yom

Posted by Grant400 - 31 Jan 2021 17:39

Ok. List 3 reasons why you don't want to masturbate.

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Re: Hayom Yom

Posted by BHYY - 31 Jan 2021 17:58

[Grant400 wrote on 31 Jan 2021 17:39:](#)

Ok. List 3 reasons why you don't want to masturbate.

1. It's not going to make me feel any better, I'll just feel worse.
2. It's not a healthy stress reliever.
3. I need to get out of this habit before marriage.

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Re: Hayom Yom

Posted by Grant400 - 31 Jan 2021 18:17

[BHYY wrote on 31 Jan 2021 17:58:](#)

[Grant400 wrote on 31 Jan 2021 17:39:](#)

Ok. List 3 reasons why you don't want to masturbate.

1. It's not going to make me feel any better, I'll just feel worse.
2. It's not a healthy stress reliever.
3. I need to get out of this habit before marriage.

Great reasons. But let's just take #1. So does it make sense? To give yourself 10 seconds of pleasure for hours and hours of pain, giving up hard work, and having to work harder and suffering the consequences later?

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Re: Hayom Yom

Posted by #makelifegreatagain - 31 Jan 2021 18:44

Quote: " I want to watch porn.

I want to masturbate.

Right now.

But I won't.

Because I want to have a healthy life. I want to get married and treat my wife as a person, and have the headspace to be there for her emotionally. I want to have a kosher, happy, fulfilling

marriage.

I won't give in. Even though the urge is strong. Even though I am bored and restless. Doing monotonous tasks for hours on end today... College classes and then coursework...

Even though I'm pretty depressed on how shidduchim have been for me lately.

I will stay clean.

I'm sure I'll be back... " End quote.

This is so powerful and so inspiring!

You should print it out and keep it somewhere as a reminder. What you wrote is proof of something I started realizing lately: The biggest weapon that we have in this fight...is us! Yes, sometimes we give ourselves the inspiration that will stop us from doing aveiros, and that could be the key. After all, Hashem gives us all of our unique talents for a reason, and I think one of those reasons is to help improve ourselves in our struggles. You seem like you're a pretty good writer. Maybe Hashem made you that way so you would write something like this to help yourself (and others).

Congrats on 20 days by the way!!

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Re: Hayom Yom

Posted by BHYY - 31 Jan 2021 19:31

[Grant400 wrote on 31 Jan 2021 18:17:](#)

[BHYY wrote on 31 Jan 2021 17:58:](#)

[Grant400 wrote on 31 Jan 2021 17:39:](#)

Ok. List 3 reasons why you don't want to masturbate.

1. It's not going to make me feel any better, I'll just feel worse.
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Great reasons. But let's just take #1. So does it make sense? To give yourself 10 seconds of pleasure for hours and hours of pain, giving up hard work, and having to work harder and suffering the consequences later?

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Re: Hayom Yom

Posted by Grant400 - 31 Jan 2021 19:45

No one is trying to dissuade you, by telling you it's not tempting. We must accept that fact. Just try answering it with logic and the emotional aspect of suffering after.

Remember, it's ok to be tempted and not respond.

Hang in there! Almost at the finish line!

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hear you. It's just so tempting. That rush of dopamine. I'm over 5 hours into this class

Re: Hayom Yom
Posted by BHYY - 31 Jan 2021 21:19

Finally.....it's over.

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Re: Hayom Yom

Posted by Lou - 31 Jan 2021 21:21

[BHYY wrote on 31 Jan 2021 21:19:](#)

Finally.....it's over.

BH! We were all rooting for you!

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Re: Hayom Yom

Posted by Hashem Help Me - 31 Jan 2021 21:25

If only the professor knew how much he can affect a guy's life.....

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