

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 BHYY - 01 Feb 2021 02:03

B'chasdei Hashem and with the tremendous chizuk and support of my GYE family, I made it through today.

It really is something to see 21 days, 3 full weeks of not watching porn or masturbating.

I was telling HHM on Friday when I was depressed about the shidduch not working out (still am, those are feelings for you...) that I really thought that because this was the first girl that I went out with since consciously deciding to flip the switch on porn and masturbating it would magically work out and this would be the one. As he reminded me, it doesn't work that way. We didn't even go out that long for me to be so emotionally attached but I guess I was really hoping this would be the one. When you think about it, all the effort you put into doing the research into the shidduch and all the calls, then planning the dates (add Covid-closures/regulations to the mix), you really are becoming emotionally attached even though you've only known her for a few hours.

It wasn't bashert... Gotta move on...

Today is a triple accomplishment (maybe I have to move to the L'chaim Shteeble...)

1. 21 days clean
2. I stayed clean after a promising shidduch fell apart
3. I stayed clean through an arduous 6 1/2 hour class

Mazel tov and L'chaim!

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Re: Hayom Yom

Posted by ??? ???? ???? ??? - 01 Feb 2021 04:15

[BHYY wrote on 01 Feb 2021 02:03:](#)

[...]

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First of all, way to go, BHYY, for your persistence today! Well done!

Second, what you said about "it would magically work out" resonates with me. I used to think that my pornography/masturbation indulgence or abstinence had an obvious metaphysical impact. Masturbating meant that some tragedy would happen the next day, for example. Refraining would mean that a *tefilah* would obviously be answered. I do believe that my actions and inactions have an spiritual impact, but not necessarily an obvious one. I don't know how the *Ribbono Shel Olam* makes all of those considerations.

Keep it up, BHYY! You're an inspiration.

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Re: Hayom Yom

Posted by BHYY - 03 Feb 2021 01:24

It's been 23 days and I still have an urge to escape to porn and masturbating... And yet, I know it won't make me feel any better.

I'm pretty down about my shidduchim situation. I've been dating for a while and don't seem to be making any headway. "You're one closer..." I've been hearing that for a while, I believe it even,

but it still doesn't make it any easier. I just want to have someone to love and appreciate and who loves and appreciates me in return.

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Re: Hayom Yom

Posted by Shteeble - 03 Feb 2021 01:34

[BHYY wrote on 03 Feb 2021 01:24:](#)

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Do you have someone to guide you in the shidduch process?

Are you seeking shidduch guidance here?

Have you read the book What Did You Say? Making Yourself Understood in Marriage: A Jewish Perspective by Rabbi Simcha Cohen?

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Re: Hayom Yom

Posted by Shteeble - 03 Feb 2021 01:37

[BHYY wrote on 03 Feb 2021 01:24:](#)

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I hear your pain.

I've gone through the shidduch pains.

I've gone through the pains of being married several years without children.

I've gone through the pains of having several children without having any vacation.

I hear your pain.

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Re: Hayom Yom

Posted by BHYY - 03 Feb 2021 01:43

[Shteeble wrote on 03 Feb 2021 01:34:](#)

Have you read the book What Did You Say? Making Yourself Understood in Marriage: A Jewish Perspective by Rabbi Simcha Cohen?

I have not. It seems to be out of print and is selling for ~\$95 on Amazon. If you tell me its got the secret for getting married in it then I'll gladly spend that money but I think other books will have to do...

I am in touch with my Rebbe regularly.

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Re: Hayom Yom

Posted by Shteeble - 03 Feb 2021 01:50

I'm glad you have a rebbe to guide you.

I'm sure there are other good books.

I just feel like that one was amazing, although it's been about 20 years since I've read it.

Maybe there's a gemach that you can borrow it from.

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Re: Hayom Yom

Posted by BHYY - 03 Feb 2021 21:18

Urges are back.

I'm reading a boring chapter in a textbook and have a 3.5 hour class tonight. I want to watch porn and masturbate.

Any suggestions? These long, boring classes are such triggers for me. (Don't forget I get to have the 6 hour class again this Sunday...)

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Re: Hayom Yom

Posted by BHYY - 03 Feb 2021 21:34

Falling is not an option. I'll feel much worse. And yet, it's so hard to say no.

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Re: Hayom Yom

Posted by Striving Avreich - 03 Feb 2021 22:24

[BHYY wrote on 03 Feb 2021 21:18:](#)

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have the 6 hour class again this Sunday...)

Maybe try speaking to a friend (or someone from GYE) or doing something that you enjoy (exercising, playing an instrument, learning, talking to a friend about something etc.). Something that makes you feel yourself and pulls you in.

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Re: Hayom Yom

Posted by BHYY - 03 Feb 2021 22:29

[Striving Avreich wrote on 03 Feb 2021 22:24:](#)

[BHYY wrote on 03 Feb 2021 21:18:](#)

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Any suggestions? These long, boring classes are such triggers for me. (Don't forget I get to have the 6 hour class again this Sunday...)

Maybe try speaking to a friend (or someone from GYE) or doing something that you enjoy (exercising, playing an instrument, learning, talking to a friend about something etc.). Something that makes you feel yourself and pulls you in.

Thanks for the suggestion but I'm literally stuck in front of my webcam for the next couple of hours.

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Re: Hayom Yom

Posted by Lou - 03 Feb 2021 22:36

What exactly is the trigger? Is it boredom? Is it something on the video?

I have taken many online classes. If the teacher was female then I could have been triggered, but with male teachers not at all. If it is boredom then bring something to do with you. perhaps even a sefer? If it is the content, then perhaps you can prepare somehow beforehand so you are forearmed.

Please clarify for yourself what aspect is triggering and address it.

Hatzlocha!!

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Re: Hayom Yom

Posted by BHYY - 04 Feb 2021 04:18

[Lou wrote on 03 Feb 2021 22:36:](#)

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Hatzlocha!!

Boredom. Plain and simple.

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Re: Hayom Yom

Posted by BHYY - 04 Feb 2021 04:20

B'chasdei Hashem I am sill clean. It wasn't easy but I pulled through.

I have to internalize these moments to remember that even though the urge may be strong, I don't *need* this.

I am done with this. It isn't who I am anymore.

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