

Hayom Yom

Posted by BHYY - 13 May 2020 03:20

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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 OivedElokim - 21 Feb 2021 22:49

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until then don't let your guard down...

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Re: Hayom Yom

Posted by DavidT - 21 Feb 2021 23:21

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[BHYY wrote on 21 Feb 2021 22:42:](#)

I feel so lousy.

I mean, I feel great that I'm still clean but it's really getting to me. I keep feeling like I'm getting over the flu. Lightheaded, no energy, just wanting to masturbate or watch porn.

Does this go away at some point?

The Chinuch writes that **if you shut your eyes not to see evil once, it will make it easier to do so many more times**. If we restrain ourselves now, we will rejoice in our lot forever after. The yetzer hara towers like a mountain. But as soon as we kick some of the old habits, the road ahead is surprisingly smoother, and all it takes is a slight but continuous input to keep us in the driver's seat.

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Re: Hayom Yom

Posted by BHYY - 22 Feb 2021 06:02

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I went out to a restaurant tonight and there were a few young couples there. In the past I'd probably lust at the pretty wives and then feel depressed that I'm still single.

Tonight I flexed those willpower muscles that I've been working out lately and kept my eyes to myself. I feel great. People's spouses are people, not eye candy. I'm so glad I was able to practice that tonight. My time will come to be a young couple bez"H soon. And she will be the only one I need to look at.

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Re: Hayom Yom

Posted by YeshivaGuy - 22 Feb 2021 06:05

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Ur really amazing man. I'm not kiddin around or "cheerleading."

I mean it.

Keep being mekadesh sheim shamayim buddy

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Re: Hayom Yom

Posted by Striving Avreich - 22 Feb 2021 12:34

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Tremendous! All that effort really paid off it seems

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Re: Hayom Yom

Posted by anothershot - 22 Feb 2021 13:30

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You're such an inspiration! Keep it up!

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Re: Hayom Yom

Posted by BHYY - 22 Feb 2021 19:26

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In the middle of a huge urge. My brain is really hyping this one up. It's telling me of the immense pleasure I will immediately get if I masturbate. Release all those weeks of tension. Just float back into numbing everything.

Luckily I'm smarter.

Doesn't make it any easier though.

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Re: Hayom Yom

Posted by YeshivaGuy - 22 Feb 2021 19:50

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It's very hard man, ik. Gotta try pushing through. No better eitzah than that

Keep shteiging brother!

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Re: Hayom Yom

Posted by happyid - 22 Feb 2021 19:59

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Wow! Such gevurah to post here while you were having that urge!

I cant say I have done that in the past.

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Re: Hayom Yom

Posted by BHYY - 22 Feb 2021 21:06

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It's slowly going back to normal. Beginning to feel more like myself. That was a doozy. I was already clouded over with lust, not thinking, just acting like a slave. Almost trancelike.

Almost gave in. Almost. But was misgaber.

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Re: Hayom Yom

Posted by BHYY - 23 Feb 2021 13:08

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Help me. I'm dying over here.

I had to be in intense triggering locations yesterday and still have tremendous urges to act out. Additionally someone mentioned something yesterday that is basically a workaround for my phone filter. I can't! No matter how hard I try I keep getting knocked down.

Don't know how much longer I can hold out.

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Re: Hayom Yom

Posted by lionking - 23 Feb 2021 13:20

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I think it was me. I'm so sorry. Please forgive me and stay strong.

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Re: Hayom Yom

Posted by BHYY - 23 Feb 2021 14:18

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I fell.

This will not be a tear soaked post as my insides are threatening to fall apart and I need to keep it together in order to view this as a bump in the big picture and not that everything is over.

I promise you I gave it my all. It wasn't meant to be. But I gave it my all. I promise.

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Re: Hayom Yom

Posted by BHYY - 23 Feb 2021 14:21

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[lionking wrote on 23 Feb 2021 13:20:](#)

I think it was me. I'm so sorry. Please forgive me and stay strong.

It wasn't anyone on GYE.

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