

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 Hashem Help Me - 23 Feb 2021 14:55

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[Zedj wrote on 23 Feb 2021 14:47:](#)

Keep strong and make sure to celebrate your accomplishments!

Ditto. That is the recipe for success b'ezras Hashem.

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Re: Hayom Yom

Posted by DavidT - 23 Feb 2021 15:01

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[BHYY wrote on 23 Feb 2021 14:18:](#)

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.

Our dear BHYY

We know the pain - we've "been there done that" ... Hashem knows the pain too... He regrets creating the yetzer Hara (Yerushalmi, Ta'anis 15a)... It's a deep concept but sometimes we need to learn the simple meaning...

Where wo we go from here?

There was once a king who placed his daughter at the summit of a large mountain and proposed the following challenge to the inhabitants of his land: I will offer my daughter's hand in marriage to whomever is able to climb the mountain and reach the top." Many professional hikers attempted the climb, but they were all unsuccessful. Then along came an old man who could barely see, but decided nonetheless to try. He slowly made his way up, and after many weeks of arduous travel, he eventually made it to the summit, where he received the grand prize-- the princess! When the old man was asked how he was able to reach the summit after so many other hikers had failed, he answered simply, "What do you mean? It wasn't such a tall mountain! All I saw was a few feet in front of me, so I walked those few feet-- and then another few feet, until I reached the top."

The nimshal is obvious: **Take one day at a time! Your goal right now is not to stop for life; it's to push it off as much as you can.**

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Re: Hayom Yom

Posted by lionking - 23 Feb 2021 15:15

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Really sorry to hear. You are such an inspiration to me how much you have withstood the last while.

There is a concept brought down in Chasidus, thst sometimes the nisoyoin is not if someone will

sin or not, but instead how he goes on afterwards. ?? ??? ????? ????? ???. A tzadik keeps getting up and going on.

Keep up your amazing work and don't let this get you down.

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Re: Hayom Yom

Posted by Grant400 - 23 Feb 2021 16:33

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[BHYY wrote on 23 Feb 2021 14:18:](#)

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.

What's wrong with a tear-soaked post? I'm actually a big fan of those type of posts. That is the moment when we have crystal clear clarity on the true enjoyment when we indulge. It is suddenly seen in it's true colors.

When we write down the way we feel we can always read it at a later date, when faced with temptation and remind ourselves at the pleasure we desire does not exist. Remembering the pain we endure after last time we misbehaved can bring a lucidity to the table when battling an urge. As an aside making time to constantly reread it, reaffirms the clarity you had at that point.

So my friend, sit down and type up all your feelings and read it as often as possible and especially when tempted.

Hang in there! You are a real fighter!

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Re: Hayom Yom

Posted by BHYY - 23 Feb 2021 17:58

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Not going to lie, I fell again.

No excuse nor am I going to make one. The bottom line is my actions are my responsibility, not matter the situation. Home, away, unfiltered access, whatever the situation my actions are still my responsibility. (My name isn't Moe Steiner.....)

Big announcement time.

I have made the decision to switch back to a basic phone. Why make it harder for myself by carrying this around in my pocket? I have the best filters but the bottom line is there will always be some loophole. I'm still going to keep the smartphone for Waze and some work features but I plan on setting serious gedarim. Will talk to HHM and my Rebbe to set this all up.

Thank you all for your chizuk, I could never have made it this far (and farther!!!) without you.

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Re: Hayom Yom

Posted by Zedj - 23 Feb 2021 19:44

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Amazing! Keep is updated with how things go!

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Re: Hayom Yom

Posted by DavidT - 23 Feb 2021 19:52

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Never forget this:

"sheva yipol tzaddik **v'kum**"

To fall seven times you have to have been up in between.

The possuk tells us don't worry ***you will eventually stand without falling.***

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Re: Hayom Yom

Posted by Grant400 - 23 Feb 2021 21:11

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Mighty warrior. Strategy is more important then brute strength. Respect.

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Re: Hayom Yom

Posted by BHYY - 24 Feb 2021 04:52

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Ok, I'm happily back in Yeshiva.

I fell 3 times today.

So what happened?

I had to fly again yesterday and was super triggered when I got home (people dress EXTREMELY triggering in airports/airplanes). B"H on the plane I kept my glasses off for most of the flight. I was pretty triggered when I got home. Then I saw the filter loophole that someone mentioned. The Y"H took the bait and attacked and I panicked. ***I did not fall right then.*** I fought with everything I had. I davened Maariv and begged Hashem to give me an eitzah, to send me a sign. I went to sleep. I survived. For now.

I woke up this morning early for Shacharis and still felt the unease of having this major loophole in my pocket. Again during Shacharis I asked Hashem for an eitzah, for a sign on what I should do.

One of the biggest mistakes was I knew I'd be triggered and I knew being home is a tremendous nisayon for me. Nonetheless, I needed to have work done on my car and scheduled it for today (big mistake). So I was stuck home. On a day with a boring online class. The urges started and I just couldn't fight. Too much I let them overtake me and I fell. I posted after and spoke a GYE friend on the phone. Then the afternoon was laid out before me long and boring. That lead to two more falls.

My eitzah from Hashem, my sign. Message received loud and clear. Even though the actual falls were not on my phone, that was initial weakening of my resolve that lead to today's falls. I made the decision that it's time to switch back to a basic phone. I spoke to my Rebbe (who knows my situation) and we tried to find the best way to make this work. Waze is pretty important when dating. I am going to switch my "everyday carry" to a basic phone and I will get a Waze-only phone that will stay in my car.

So lessons learned, I really need to listen to myself when I know my weaknesses. I should have went right back to Yeshiva this morning. I also need to contemplate traveling next time as airports and airplanes are super triggering.

ODAAT.

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Re: Hayom Yom

Posted by BHYY - 24 Feb 2021 13:47

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I woke up depressed. Starting all over again (even though deep down I know that's no true.)

In the middle of Hodu this morning I got to "Hoshea es amecha" and subconsciously started singing it in my head to R' Twerski's niggun. And then it hit me. He's in the Olam HaEmes, he knows exactly what is going on with me. And I felt him smiling at me. That's giving me the strength to move on.

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Re: Hayom Yom

Posted by BHYY - 24 Feb 2021 13:54

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I'm going to miss having GYE in my pocket. Being able to read threads whenever was a tremendous Chizuk. As was being able to post when having a huge urge and get quick Chizuk. But bez"H not having a smartphone will make this battle somewhat easier for me. For now, as I wait for the basic phone to arrive, I still have this loophole so I'm going to have the filter company put a blanket internet block on my phone. No internet whatsoever.

This is BHYY-mobile signing off. Will be coming to you next from computer.

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Re: Hayom Yom

Posted by lionking - 24 Feb 2021 14:41

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FYI: The stores sell a device which is Waze only. I think it is a one time fee to activate. Check World of Communication in Borough Park for details. Might be better off than having a koshered smartphone in the car.

Hatzlacha on your decision. May you be successful.

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Re: Hayom Yom

Posted by BHYY - 24 Feb 2021 16:23

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[lionking wrote on 24 Feb 2021 14:41:](#)

FYI: The stores sell a device which is Waze only. I think it is a one time fee to activate. Check World of Communication in Borough Park for details. Might be better off than having a koshered smartphone in the car.

Hatzlacha on your decision. May you be successful.

They're all kashered smartphones that need some sort of data plan to work.

I ordered mine from koshercell.org

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Re: Hayom Yom

Posted by BHYY - 24 Feb 2021 17:47

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This is hard.

I have all this pornographic content fresh in my head from yesterday and I'm in a constant state of being triggered. I also feel pretty lousy about yesterday. I know it's all the YH trying to get me to fall again but still, it's very hard.

I will stay clean. It isn't a life otherwise. I'm short tempered and upset but those are only temporary in the big picture. Eventually I'll be past this. ODAAT.

TODAY! DAMN IT! TODAY!

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