

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 BHYY - 02 Mar 2021 18:48

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Really not feeling well.

Stress is starting to rise with these courses I am taking as exams are coming and I don't feel prepared. I feel like I don't have enough hours in the day.

I would love to run away from reality and slip into porn and masturbation land. But that isn't an option. It doesn't help. Because when the short escape is done I come crashing back down to reality.

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Re: Hayom Yom

Posted by DavidT - 02 Mar 2021 19:17

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[BHYY wrote on 02 Mar 2021 18:48:](#)

Really not feeling well.

Stress is starting to rise with these courses I am taking as exams are coming and I don't feel prepared. I feel like I don't have enough hours in the day.

I would love to run away from reality and slip into porn and masturbation land. But that isn't an option. It doesn't help. Because when the short escape is done I come crashing back down to

reality.

Yeah. Stress is a killer.

When we realize that the situation is out of our control, it is easier for us to come to the awareness of Hashem, who has our best interest in mind, and does only for our good. When a situation is in our control, we tend to magnify our effect on it - and we forget that He only gave us a "part" in it. (In reality, we never really have control over anything!) But in a situation where it's clear we have no control, we're given an easy opportunity to surrender ourselves to Hashem. This is our **acceptance**. We accept that there is nothing we can do, but only to rely on Hashem.

No level of comfort is good enough to replace "acceptance". We can continue upping the dosage level of our "drug of choice", but at the end of the day, if we haven't got some basic level of acceptance, all of this comfort will be in vain.

Let's do our best to keep strong and Hashem will definitely help us!

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Re: Hayom Yom

Posted by Striving Avreich - 02 Mar 2021 21:11

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[BHYY wrote on 02 Mar 2021 17:59:](#)

I also had the tremendous zchus to meet the renowned HHM afterwards.

I'm jealous

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Re: Hayom Yom

Posted by happyid - 03 Mar 2021 01:31

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[Striving Avreich wrote on 02 Mar 2021 21:11:](#)

[BHYY wrote on 02 Mar 2021 17:59:](#)

I also had the tremendous zchus to meet the renowned HHM afterwards.

I'm jealous

He's accessible to all... Do you want his number?

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Re: Hayom Yom

Posted by BHYY - 03 Mar 2021 03:45

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Starting to feel better B"H.

B'chasdei Hashem another day clean.

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Re: Hayom Yom

Posted by DavidT - 03 Mar 2021 04:04

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[BHYY wrote on 03 Mar 2021 03:45:](#)

Starting to feel better B"H.

B'chasdei Hashem another day clean.

YES you can!

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Re: Hayom Yom

Posted by Striving Avreich - 03 Mar 2021 12:21

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[happyid wrote on 03 Mar 2021 01:31:](#)

[Striving Avreich wrote on 02 Mar 2021 21:11:](#)

[BHYY wrote on 02 Mar 2021 17:59:](#)

I also had the tremendous zchus to meet the renowned HHM afterwards.

I'm jealous

He's accessible to all... Do you want his number?

I am in contact with him. I just don't live anywhere near him so I can't meet him in person (at least yet)

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Re: Hayom Yom

Posted by BHYY - 03 Mar 2021 22:21

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Just had an urge to act out. A lot going on, my head is in so many different places. It would be

nice to escape and get that high.

My initial thought was "I can't let everyone on GYE down!"

So you guys saved me!

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Re: Hayom Yom

Posted by Grant400 - 03 Mar 2021 23:51

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[BHYY wrote on 03 Mar 2021 22:21:](#)

Just had an urge to act out. A lot going on, my head is in so many different places. It would be nice to escape and get that high.

My initial thought was "I can't let everyone on GYE down!"

So you guys saved me!

The high may seem high, but the low is so much lower! Keep it up!

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Re: Hayom Yom

Posted by BHYY - 05 Mar 2021 05:50

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I'm home...and have such urges.

Not going to give in! It's just not what I do anymore.

I will not touch an unfiltered device.

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Re: Hayom Yom

Posted by BHYY - 05 Mar 2021 06:04

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I am being misgaber. The urge is lessening just a tiny bit. Time to go to sleep.

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Re: Hayom Yom

Posted by BHYY - 07 Mar 2021 04:27

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A gutteh voch.

I had a fall on Friday but I feel positive. I spoke to the SMART facilitator and we discussed some of the scenarios that cause me to fall. He told me that there are tools for all of the things I mentioned, we just have to get there in the meetings. B"H, looking forward!

Also, after my last fall I turned off my count. My facilitator (anyone have a better name for the ehrliche yid? He's not active on GYE) mentioned that he doesn't count days and I've been thinking about it. I know Dov has mentioned in the past he doesn't like the idea of the streaks. The streak works great for me when it's working, but after my first fall it destroyed me. A few days clean after which is a huge accomplishment but all I saw was the number mocking me. Ha! 5 days clean? You had 43! For me at least, in order to truly work one day at a time I can't count days. It's really fun and a tremendous chizuk when you get to click "I'm still clean" and watch the number go up and get all sorts of medals but after one slip it isn't worth it for me. "It used to say Eved Hashem, now I'm not?"

Baruch Hashem I've been clean over Shabbos, but for now I'm going to keep the count off. This is a journey, not a streak.

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Re: Hayom Yom

Posted by bm263 - 07 Mar 2021 05:25

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If every day is day 1, what's the incentive not to "fall?" Tomorrow is just day 1 regardless.

This is something I have struggled with. When I do keep track, it ends with a binge, and when I don't keep track, I just act out whenever I want.

How do you plan on countering that thought?

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Re: Hayom Yom

Posted by lionking - 07 Mar 2021 13:42

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BHYY,

I'm impressed with the work you are doing. May it be with Hatzlacha.

I also felt the same way about counting days. I felt it doesn't help me and instead makes me think about how little time I have or how much days have past and I deserve a break.

Recently I had a theory that perhaps the count can be used as a motivational tool to keep me accountable. So if one of my friends notice the count going back down to zero they can reach out to me. I'm currently going to be updating not on a daily basis. Not sure if this will help. Just figured I'll share a different perspective.

Hatzlacha Rabba!

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