

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 Snowflake - 20 May 2021 13:22

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Great to see you fighting.

Keep going and the rewiring will occur.

About the whole marriage helps or not, my 2 cents:

Having been married before, not being married now and looking forward to getting married Ym"H soon, I don't think men really crave sex. (what? lol)

Looking at myself, I'm a very needy guy, i.e. I need my future wife to give me a lot of attention in any form. Sex is the ultimate "attention giving", "token of acceptance", you name it. But if she doesn't give me that all the time but at least give me her love, smile, talk to me, ask me how my day went, I think I can withstand the 14 day period (sometimes 60 if she gives birth), as I think anyone here can. I know in my past marriage, I think the main issue was not getting enough attention, despite the other part not being great either. I'm not sure this should be in the baalei batims section, but if she does "it" solely for you (and you know when such a thing happens), it is not satisfying at all. On the contrary, it's very depressing.

Dov talks a lot about that. Being single now, I'd say I don't really crave sex. I crave closeness. A female heart. A partner. You name it. Unfortunately, I look for the wrong means to solve the issue, hence my problem.

Be kitzur, IMHO, find someone who will give you plenty of support and love. Although unrelated to GYE, common values is a must too. That should be of great help.

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Re: Hayom Yom

Posted by BHYY - 20 May 2021 20:20

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[Snowflake wrote on 20 May 2021 13:22:](#)

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+10000000000000000

I have no idea if I actually crave sex, I've never had it (outside of with myself).

But I will say the feelings that you describe are **exactly** what I crave. Support, love, closeness. Everything. You hit the nail on the head.

With the help of the Ribono Shel Olam we'll both be clean and happily married very soon!

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Re: Hayom Yom

Posted by Snowflake - 20 May 2021 23:00

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Thanks brother!

Amen to that!! 1000x

If I may add, being optimistic about life in general, and shidduchim in specific, is really helping me out. I think it could help anyone of course. Hope you're optimistic too, you seem like a very

All we have to remind ourselves is that the Ribbono Sheil Oilam has got our backs. No need to fret about it.

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Re: Hayom Yom

Posted by BHYY - 08 Jun 2021 16:29

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B"H been clean for a while. Going through a rough patch with shidduchim, got dumped a few times. Not easy.  
nice fellow

I'm noticing how difficult it is this time without muting the pain by masturbating and watching porn. I'm actually feeling life. It's not pleasant but there's something more pleasant about feeling it than escaping from it.

Urges are there. Urges will always be there. But I'm not giving in.

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Re: Hayom Yom

Posted by DavidT - 08 Jun 2021 16:47

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[BHYY wrote on 08 Jun 2021 16:29:](#)

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Re: Hayom Yom  
Posted by yosef10 - 10 Jun 2021 17:25

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Its great to hear that your doing well. KEEP ON PUSHING

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Re: Hayom Yom  
Posted by yosef10 - 10 Jun 2021 17:39

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HEYYYYY!!!

How you been, long time no post (for me especially)

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Re: Hayom Yom  
Posted by yosef10 - 10 Jun 2021 17:49

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Thats really a lot in that post. I think everyone can give some credence to the fact that we all like attention. I nice to hear a real perspective from someone who has actually been there, and can talk to us about it.

But I think (which doesn't usually lead to good things), that there is some aspect of guys craving lust, and the highest form of it is using another for your own personal needs. Not arguing at all, just another perspective of someone who went to a couple of SA meetings.

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Re: Hayom Yom

Posted by YeshivaGuy - 18 Aug 2021 05:08

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How u doing buddy?

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Re: Hayom Yom

Posted by YeshivaGuy - 01 Sep 2021 18:59

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C'mon man, you can't leave us hanging.

Hows it going? Speak to us, we miss you!!

YeshivaGuy

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Re: Hayom Yom

Posted by BHYY - 11 Oct 2021 00:30

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Shalom, shalom larachok ul'karov.

It's been a while. B"H all is going well. Not perfect (who is?) but progressing with the help of special people, SMART meetings, and just believing in myself.

Today I decided to sit and write my earliest memories of starting with porn and masturbation. It wasn't easy, but it was therapeutic. It's called cathartic.

I pulled out all the stops and wrote the cold, hard truth and, personally, thought it would be triggering for others but Hashem Help Me read it and encouraged me to share it. He does not seem to think it is triggering. That being said, if any of the mods object please feel free to redact as needed.

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Re: Hayom Yom

Posted by BHYY - 11 Oct 2021 00:41

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Shalom, shalom larachok ul'karov.

How has everyone been?

B"H I have been doing well, not perfect (who is?) thanks to some special people, SMART meetings, and just believing in myself.

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Re: Hayom Yom

Posted by BHYY - 12 Oct 2021 23:19

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I don't really know what to say. I've been journaling more, really writing out my thoughts completely unadulterated. (The more sharp-eyed of you might have caught me contemplating sharing some of it but I decided it was more personal.)

A cool tool that I learned which acts as a confidence booster when I'm contemplating falling or acting out is to write out the pros and cons of acting out. (The fancy name is CBA-cost benefit analysis). Take a piece of paper and divide it into 4 boxes. Top left is the benefit of acting out, top right is cost of acting out. Bottom left is benefit of abstaining and bottom right is cost of abstaining. Write 4-5 things per box. I'm not trying to lecture from my soapbox but when I sit and fill out a CBA I get a nice boost of confidence.

~~Just wanted to pop in and say hi again.~~  
This tool actually came from GYE's new Flight 2 Freedom platform.

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Re: Hayom Yom

Posted by OivedElokim - 13 Oct 2021 03:07

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Hey buddy. Keep up the good work and please stick around and post more often. It gives me a lot of chizuk...

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