

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 OivedElokim - 15 Oct 2020 04:22

Your stress is coming from the date or the falls, or the influence of one on the other?

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Re: Hayom Yom

Posted by BHYY - 15 Oct 2020 04:47

[OivedElokim wrote on 15 Oct 2020 04:22:](#)

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Previous falls. Dating gets me thinking because I desperately want to have it under control when I go into marriage.

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Re: Hayom Yom

Posted by OivedElokim - 15 Oct 2020 04:52

Do you feel like you have it under control? Have you been clean for a reasonable amount of time? Do you have a plan for the future?

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Re: Hayom Yom

Posted by wilnevergiveup - 15 Oct 2020 05:25

[BHYY wrote on 15 Oct 2020 04:47:](#)

[OivedElokim wrote on 15 Oct 2020 04:22:](#)

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Hey, I think you need to look into "one day at a time". The big picture seems scary and that's stressful. That's why you don't need to think about it.

Now let's just clarify, you do need to think about the future to give yourself a reason to work hard today **BUT** you don't need to be clean your entire life in order to be clean today. Make today your goal, I'm not sure about next week, but I do know for sure that it wont help to make last week a goal...

Dating is stressful, I know, I did it too, but stressing about keeping clean is really just not the *mehalech*.

Hatzlachah

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Re: Hayom Yom

Posted by BHYY - 15 Oct 2020 17:12

[wilnevergiveup wrote on 15 Oct 2020 05:25:](#)

[BHYY wrote on 15 Oct 2020 04:47:](#)

[OivedElokim wrote on 15 Oct 2020 04:22:](#)

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Hatzlachah

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Re: Hayom Yom

Posted by YeshivaGuy - 17 Dec 2020 12:21

Soooo?? How u been?

Ur keepin us hangin man

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Re: Hayom Yom

Posted by YeshivaGuy - 03 Jan 2021 07:19

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Re: Hayom Yom

Posted by YeshivaGuy - 03 Jan 2021 07:23

[BHYY wrote on 15 May 2020 20:35:](#)

I just spent close to half an hour on the phone with a client. He is what we call a tire kicker - long conversations, analyzes from every angle, has me document everything, but never actually translates to a paying customer. He always drags it out and it never goes anywhere. In the past I would have gotten really frustrated after hanging up and indulged myself in masturbating. Not today. I hung up and said "well, nobody said owning a business is easy!" Mind you that has never happened to me before! Especially now when business is so slow I'm dying for some

Wow. Very very impressive.

Thanks for sharing!

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Re: Hayom Yom

Posted by BHYY - 04 Jan 2021 00:12

[YeshivaGuy wrote on 17 Dec 2020 12:21:](#)

Soooo?? How u been?

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The shidduch? No shaychus, moved on. B"H other options, one step closer. When Hashem wants me to meet my bashert I will and not a minute late. I keep doing my hishtadlus (although I am getting a little sick of Coke...may need to change it up

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Re: Hayom Yom

Posted by BHYY - 04 Jan 2021 00:15

That's not to say I'm not anxious as anything to find her and start my married life...believe me I am. Been dating for a while, have had my share of one and dones, 2 dates and over, and gotten my heart broken a few times. It's not fun at all. But as HHM told me, better now than later.

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Re: Hayom Yom

Posted by BHYY - 04 Jan 2021 14:58

There's a story that's been going around about a successful businessman that had to commute to NYC every day. He wasn't happy with the billboards and pritzus he was seeing so

he made himself a deal. Every time he looked away he would put aside a dollar. His method worked well and B"H he was able to drastically reduce what he saw on his commute. Eventually he had amassed enough dollars that he bought a beautiful silver menorah. Can you imagine what he feels when he lights this menorah on Chanukah or even just sees it in his break front? It reminds him of all the zechusim that got him this beautiful menorah.

I heard the story and thought, why can't I do this too? I'm not a wealthy businessman but I could afford to put a few dollars aside. I started and I have to say, this is an amazing method. After just a short while I realized that I was subconsciously training a reflex to look away from such things because "that's another dollar". It's a game-like way of keeping yourself safe. One of the best feelings I ever had with this method was after a fall. Yes, a fall. After a fall you don't feel too great. I went to my envelope and looked inside and saw the wad of dollar bills. Every single bill represents a time I was kovesh my yetzer hora. That wad of bills told me, you're a good guy, you just had a hiccup today but get right back in the saddle. Streaks are great but, at least for me, they get discouraging when you break one. With this method you could forget about it for a week, month, or year but those dollars will be waiting for you to pick it right back up.

Right now I keep a stack of bills in one drawer and an envelope in another place. Every time I look away from something or every half hour that I refrain from masturbating when I have an urge I put a dollar in the envelope. When I reach \$100 in the envelope I put them back in the stack and make a \$100 deposit to a special savings account I opened just for this. What I am going to use the money for? Not sure yet. Maybe an engagement ring bez"H, now wouldn't that be something?

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Re: Hayom Yom

Posted by BHYY - 08 Jan 2021 07:33

Unfortunately I had a fall tonight. I came home from Yeshiva for Shabbos and my mother's computer is unlocked and unfiltered. I can't get her to filter it or change the password because whenever someone needs to use it she just calls out the password. That is about the gist of my access. My father's has a password. Sometimes my mother leaves her phone around or tablet. Mainly it's her computer. I try to stay good and stay far away but lately I've been slipping up more and more often and falling because of that access. I hate that my home is a place that gives me stress now, I need to think about it when I'm in Yeshiva and "plan" for when I go home. It's not a comfortable place that I can just pop into because when I do, I fall.

Any ideas how I can stay safe?

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Re: Hayom Yom

Posted by sleepy - 08 Jan 2021 07:55

[BHYY wrote on 08 Jan 2021 07:33:](#)

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Any ideas how I can stay safe?

i really feel bad for you , i had a similar situation ,although not as difficult as you, it was only t.v., newspapers with indecent pix and sisters fashion magazines ,but keep it up and dont let a fall get you down you will rise again , be'ezras Hashem ,and be grateful that youre away in Yeshiva without this constant test, you should know that i bechasdei Hashem stayed clean for a year before my chasuna and had a 10 year streak.so chazak chazak!

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Re: Hayom Yom

Posted by sleepy - 08 Jan 2021 07:59

[sleepy wrote on 08 Jan 2021 07:55:](#)[BHYY wrote on 08 Jan 2021 07:33:](#)

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p.s. even though it was only t.v. etc, but in my situation i was in a feeling of yiush and alone and ill never be clean , but BH , Hashem helped, you may be plagued by internet , but you do have the gye chevra , hope you gain from it !

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