

Day 1!

Posted by formywife125 - 18 May 2020 12:08

Ok, here is my first day of the new life. Yesterday I acted out twice with soft-porn. I have identified 2 triggers so far:

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2) When I am in a very flat state, like when I over-eat, and dont feel any other possibility of healthy enjoyment.

The first trigger needs cognitive work- just because I decided I needed to act out then, the situation changed! I don't need to be so obsessive about things. I need brain flexibility!

As far as trigger #2- I don't know what to say. In a state like that, I have no pleasure. Maybe just go to sleep as soon as possible? That's really not so practical for many reasons.

I need some advice about that...

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Re: Day 1!

Posted by BHYY - 18 May 2020 14:50

Welcome! You're doing great already posting about your struggle.

For your first trigger I really recommend mindfulness. It will teach you that these urges are external and you have the power to say no. A chashuve member of these forums (forgive me I forget who) once said "we have no recorded deaths on account of not giving in to that urge". Feel free to reach out to me (bhyy@protonmail.com) and I can recommend some great material on frum mindfulness including audio exercise.

Welcome to the club! Hatzlocha!

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Re: Day 1!

Posted by yosef10 - 18 May 2020 19:41

[formywife125 wrote on 18 May 2020 12:08:](#)

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@formywife... Love this name, it's a great way to remember and recognize each time you log in or log on who your doing this for, and why you think this is more important than acting out in the moment. One of my passwords on my computer is "ilovemywife" so I get where your coming from (but probably not actually, cause I'm not married or dating:) just I get the feeling I guess).

Its great that you started posting on this chat, bh in the past couple ,months I've had a couple streaks a little less than month and of coarse I'm pushing for longer. It's around now... This time on my 12th day that things start to get much more difficult, so I totally get that mind set of when you get an urge, and you just feel like your pushing it off until you inevitably give in. What I have learned works for me is posting on the forum, and giving my humble 2 cents on how I can help out the chevra, so if that speaks to you... Great. If not... Great.

Just to to give a simple way of thinking "within the realm of mindfulness", there is a core idea that every moment is new, and a new opportunity to do something new. When were in the middle of something (for example writing in the forum) it's very easy to think that all the moments are just one big day... Week... Etc. To see every moment individually is to say that regardless of what I thought, or did a second ago... Really shouldn't be a determining factor of what I want to do write now (especially if I want to stop doing something).

Another tactic to think about (that is similar to the one above) is to create a new "prompting event". To get a but technical, as we perceive the human experience of life, we all have preconditioned ways of reacting to a thought emotion or anything physical. For example if I feel frustrated, and have learned to run to porn to "feel better", although the best thing above all would be to work on frustration, it's not practical for in that moment.

I dont really ally like when people use the word "distraction" because when I was first introduced to that, it seemed like I was just doing something in between what I was feeling to push off as long as possible, but once the distraction stops or gets boring, I just get back to doing what I was doing.

Using the phrase "create a new prompting event" speaks much more to me because this implies that whatever "triggered me before" and is keeping me thinking hard and long about doing something (in this case negative) the best thing to do is to do something else that will likely trigger another emotion. Even if this next emotion is also negative, to learn to think through our problems and not run to them instantaneously is always a good first step to success. The more you can do this, the less you will have to create a new prompting event, because you'll realize the only reason I want to act out is because I'm frustrated, and this Sint a good way of deeming with that.

Bekitzur, when I feel triggered by something, try to do or think about something else (not by force) and be in the moment with whatever your doing. Insteadif going to sleep, which will do the same thing, maybe go for a walk or learn Torah, or spend time with your significant other.

Personally i was was having a difficult day yesterday. I was sitting the whole morning in shiur on zoom p, and I guess I was getting antsy. I tried to distract myself (yes I do this too contrary to my philosophy) until my brother inlaw came over and we ended up playing catch and giving a guitar lesson. During this time, I totally forgot that I wanted to act out and was in the moment... And at the point the feeling had passed.

Ihope this his was helpful, if you want more explanation please please ask.

Hatzlacha Raba, and BEZH you and your wife will see the benefit of you keeping up in the fight that we will all battle together.

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Re: Day 1!
Posted by formywife125 - 19 May 2020 04:02

Thank you very much.

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Re: Day 1!
Posted by formywife125 - 19 May 2020 04:03

Wow, I need some time to sit and read this properly. I'll get back to you. Thanks!

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Re: Day 1!
Posted by BHYY - 19 May 2020 04:30

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Beautifully said.

I will add my \$0.02 - mindfulness is great however practicing mindfulness when you have an urge and trying to be in the moment and analyze your thoughts is probably not the best idea and will probably get you more antsy. It's a good habit to get into regularly but might not be the best for when trying to shake an urge.

As far as distraction, I hear what @yosef10 is saying. I sometimes also feel like I am just pushing off the inevitable by distracting myself but in reality (at least the way I understand it) an urge is like a curve and you feel antsy as you are riding higher and reaching the top. I think the point of distracting yourself is to allow the crux of the urge to pass and then you realize that it is more manageable than that big scary urge you had a few minutes ago.

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Re: Day 1!
Posted by yosef10 - 19 May 2020 16:40

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So, if you'll indulge me...#flattenthecurve

I know exactly what you mean, but there are levels to the truth. In my experience when someone spoke about mindfulness and ODAAT I thought the whole thing was gibberish and these people were just hippies and couldn't relate..... No offense (I guess I'm one of those guys now)

But I'm sure you will learn, the more you work, the more mindfulness will be a tool that you can use in ANY situation. In my experience, after psychology, psychiatrists, and meditation, I think I have gotten to a point where mindfulness can even work in those moments, the moments we all know, the ones where the urges are raging and the computer is right in front of us and all we have to do is click enter... And what comes after that.

I was was readjg a post in the SAA forum yesterday, and he spoke about how he's at a point in his struggle (1000+ Clean days in by now I'm sure) that things like going.to movies, or walking to Walmart in the summer don't "trigger him as much".

He he used the mashal that when he was indulging himself, he used to look and scour for anything he could get, like a predator, he would try to find something, and then the next, and then the next. He said that anything he saw was like a blade being stabbed right through him... The feelings were crazy intense, and couldn't be ignored.

Now, after he's working through the steps and SA, those "triggers" although yes hey are

triggering, feel more like a pinch than a stab, and although he does feel it, he can manage it... So living life "normally" is an option at this point.

I think ink one OBVIOUS factor that I will concede is that yes, he has been clean for a bunch of years "so of course it's easier". And I agree, but I would also add what I believe is a huge factor, that he was only able to get to that point because of another factor. The fact that he was able to see in the moment, that a thought is just a thought, a feeling is just a feeling, and an urge is just an urge. With this he would then be able to move to the "next prompting event" which can be anything in front of him, something as simple as the corn cans in the 5th aisle that have a great deal. It's those little and few times at he used this mindset, that everything is only moment to moment, that he was able to get to this point. At this point he is a master at this skill.

The he only way to do this is little by little, especially before, during, after your fall, and of course if you are successful in beating it, is the way to build up this skill, this tool.

Again, I could be wrong as I am not him, and could be totally off, but what I can say is that in my experience, I have been zoche to see these changes in the way I process life, and this struggle altogether.

P.s. if your interested, this is the thread: if you read his 600 days and 1000 days summary, they are both beautiful posts.

<https://guardyoureyes.com/forum/53-The-12-Step-Program/329959-My-Journey-From-Absolute-Misery-To-True-Happiness>

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Re: Day 1!
Posted by formywife125 - 21 May 2020 04:18

[BHYY wrote on 18 May 2020 14:50:](#)

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forget who) once said "we have no recorded deaths on account of not giving in to that urge".
Feel free to reach out to me (bhyy@protonmail.com) and I can recommend some great material on from mindfulness including audio exercise.

Welcome to the club! Hatzlocha!

Thank you! I actually am trying to practice Mindfulness, but am having a hard time detecting if it's helping.

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Re: Day 1!

Posted by formywife125 - 21 May 2020 04:30

[yosef10 wrote on 18 May 2020 19:41:](#)

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?Ha thats great. Keep it up. Everything before marriage will affect the wife, so you are really doing it for her.

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Ok thanks, maybe I'll try that. I do feel weird about giving advice to people who don't ask me for it. Like, who am I. Why would my advice be better than anyone elses. I also feel like it would annoy/hurt people to get up in their zone to tell them what to do.

BTW, my urges are like EVERY day sometimes. And VERY strong. Like I get paralyzed from working because I become so lust-filled.

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Right. The only issue is that there are not that many things I actually enjoy doing. I'm weird in that way. Most of the things I have fun doing, I stopped because they were hindering my growth (reading fantasy books, comicbooks, tv, movies, video games) or they were damaging to my health (smoking, drinking too much alchohol). I have perfectionism which also makes it hard for me to enjoy things. I was a very big social guy, and I loved it, but at a certain point in my development, I (mistakenly) psychologically evaluated friendships to be a waste of time, and now it is very hard for me to use that as a real source of enjoyment either... I'm working on it, but it's SLOW.

I hope this was helpful, if you want more explanation please ask.

Thank you. I really appreciate you taking the time and energy to reply to me.

Hatzlacha Raba, and BEZH you and your wife will see the benefit of you keeping up in the fight that we will all battle together.

AMEN, AMEN.

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Re: Day 1!
Posted by formywife125 - 21 May 2020 04:32

Hey BHYY;

Thanks!

With me though, the urges do not go away until I get tired (in the evening time), until I act out, or until I can be with my wife, which is not all the time at all.

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Re: Day 1!
Posted by AnsheiZusha - 21 May 2020 04:46

A lot of really holy Jews on this thread.

I personally have started to use exercise as way to reduce urges. I always have the hardest time with the urges right before bed, so I've started doing pushups and situps in my room before bed.

It's been making me kinda physically tired, and it takes the edge off the urge a bit. I would definitely recommend trying it out!

Good luck to all the holy fighters out there! It's an honor to fight with you!

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Re: Day 1!
Posted by yosef10 - 24 May 2020 15:28

@formywife

Everone is here for the same reason. We all want to get this stuff off our chest, and hopefully get some advice on the way. Yes these are very personal struggles... But people want, people need responses. Until you realize that this is a brotherhood, and we're all here for each other, you won't get the full GYE experience. Best case scenario you help someone on their journey to lasting freedom, worst case scenario your advice or Chizuk doesn't resonate with them... But so what, you tried and they know that.... ITS THE RESPONCES ALONE THAT MKAE PEOPLE FEEL THAT THEY ARE NOT DOING THIS BY THEMSELVES. That itself is enough to of a reason to respond in my opinion.

Regarding "fun" I totally get what you mean... I was always focused on work, and when people told me to relax... That meant sleep or masterbating and porn... None of which are productive or relaxing. It will take time to find yourself, even if you think you have already... There's always more. Just continue on the your on and there's only gonna be success. And who knows, maybe GYE will be your fun.

Keep it going, and keep us posted

Your brother, Yosef10

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Re: Day 1!

Posted by formywife125 - 25 May 2020 02:47

Yosef10;

Thank you so much for the encouragement.

Bezrat Hashem I'll find myself more and get healthier...

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Re: Day 1!

Hear You. You have me convinced (for now)
Posted by formywife125 - 25 May 2020 02:57

Yosef10 and BHYY; Thank you both for your comments. I want to become more adept at mindfulness, I just sometimes feel like Im wasting my time and not seeing results. What to do?

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Re: Day 1!

Posted by yosef10 - 25 May 2020 16:48

What a shayla, isn't that the million dollar question.

Everyone likes to "talk" about leading a life one day at a time, and being in the moment... But I'd be surprised if anyone on earth really lived like that full time. I personally have been able to talk it out with a psychologist, but there are other programs which I did involve myself in that helped me with some specific mindfulness exersizes. I'm not suggesting you go browsing around, but if anyone on the forum has something to suggest that might be helpful. It's funny you say "I'm not seeing results" as this is always the first step to someone really learning what mindfulness is and how to use it as a tool for life. Things like taking deep breaths, going on walks, they all seem useless at the beginning... But as I'm sure you heard with most skills in life... Being in the moment, mindfulness is a muscle... The more you work it out the stronger it get and the more helpful it will be.

To be in the moment, in my opinion is the belief that I physically cannot make decisions for myself in the future, and I can't redo the past. If someone wants to be perfect, making long term

commitments of no slips is a must. But why would I take the time to worry myself about the future or feel guilty about the past, that's a waste of time, the only thing I can really DO is right now. Of course I can plan for the future and set myself up for success by learning from the past, but in terms of expectations all I have is now.

A more specific example. A rebbe recently schmoozed with me about a certain derech that he sees as the emes. It involves a lot of work, learning, family life... Wow that seems stressful. But when I realized it doesn't really matter what I want to be, rather what I am doing right now. I can't Finnish shas right now, but I can sit down to learn a rashi. If that gets me to shas... Beautiful... If not... I did my best so who cares.

Theres really a llt lot more to say, and everyone in there own path has another way of bending it to there own personal experience.

not sure this was helpful...

What at have you tried so far to be mindfulness? And what is the "success" you are looking for with this tool?

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