

There must be a way

Posted by starting - 21 Jul 2020 05:34

The y"n gave me a new line of thought today: stopping cold turkey is not for me. I'll forever feel like I'm missing out and I'll get depressed. I should really make my streaks go a bit longer each time.

This is after trying to stop for well over 10 years. How crazy is that?

?I now see even more clearly how he has powers of manipulation that we cannot fathom

Doing it for my good of course. I shouldn't always feel like I'm missing out

The creep

I hereby start my journey to purity

The reason I have not officially done this yet is because I feel that the order of the forum is cleverly designed. I first introduced myself. Then I started a log of trying to break free (this actually in the marrieds section as it's a bit along those lines)

I did not in any way have the strength to attempt a 90. But now I think that the time is ripe. Even if it takes a few tries.

Day 18 (BTW it's my first time at day 18 in my life)

Hatzlacha guys

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Re: There must be a way

Posted by starting - 14 Feb 2021 18:11

Clean

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Re: There must be a way
Posted by Realestatemogul - 14 Feb 2021 19:38

The next step is realizing that having a "just okay" day - is actually really great!

Some people say "no news is good news." Sometimes just regular life is a bracha and we need to learn to appreciate how nothing is regular and every day we are alive, breathing and doing

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Re: There must be a way
Posted by starting - 15 Feb 2021 10:14

[Realestatemogul wrote on 14 Feb 2021 19:38:](#)

The next step is realizing that having a "just okay" day - is actually really great!

~~Some people say "no news is good news."~~ Sometimes just regular life is a bracha and we need to learn to appreciate how nothing is regular and every day we are alive, breathing and doing

~~Butzer Hashem it is an AMAZING day!~~

Last 24 hours were really hard

Will take a long time to really appreciate life as it is to call it great but I'm not complaining.

Wish I would see it your way

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Re: There must be a way
Posted by Hashem Help Me - 15 Feb 2021 10:37

Internalizing what REM wrote is key to being successful in all areas of life. Keep in mind that we overstimulated ourselves and our senses in the past. We gave ourselves the message that a typical non-thrilling day, experience, or interaction is "boring" - which is a *churban*. If we can learn to notice and cherish the beauty of regular life (Rav Avigdor Miller style), and plain interactions, we can reset our brains to normal.....

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Re: There must be a way
Posted by starting - 16 Feb 2021 20:31

Clean

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Re: There must be a way
Posted by Realestatemogul - 17 Feb 2021 04:49

Hey GYE,

I am going to translate the last message for the rest of the world...

Starting: clean

Translation: Wow! It is incredible how far I have come! This wasn't specifically an easy day but BH I was able to overcome my challenges and now I have another clean day for my count. I am SOOO happy and thankful! I feel so good and I hope to use this as a springboard to being clean tomorrow!

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Re: There must be a way
Posted by starting - 17 Feb 2021 17:16

Today's summary:

Wow! It is incredible how far I have come! This wasn't specifically an easy day but BH I was able to overcome my challenges and now I have another clean day for my count. I am SOOO happy and thankful! I feel so good and I hope to use this as a springboard to being clean tomorrow!

So true, but need to think about it a lot before I can even begin internalising this

Thanks rem

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Re: There must be a way
Posted by starting - 17 Feb 2021 17:18

BTW I post those one word accountability posts like while printing papers or in the elevator etc

The plan is to post accountability throughout February ly"n

Bit more time today but not much, maybe tomorrow ly"h

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Re: There must be a way
Posted by starting - 18 Feb 2021 16:02

[YeshivaGuy wrote on 02 Feb 2021 07:15:](#)

[starting wrote on 02 Feb 2021 07:04:](#)

I also need more motivation, reminders as to how much I want to be clean.

I've looked up to u since I first came man, so thank You.

As far as motivation, emotions are tough...

We can start here from scratch again, Why is it that you want to be clean?

I have been thinking about this since it was posted.

I found 2 of my old plans, based on menachemgyes template (smart recovery forum)

I will read through them and try and summarise them in my next post

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Re: There must be a way
Posted by starting - 18 Feb 2021 16:24

	Plan1 First week of july	Plan 2 Last week of july+ First week of august
Reasons to stay clean	serenity Calmness Feel good (sippuk) Confident Marriage Kids future	Serenity Calmness Feel good (no double life) Marriage God
Steps	change to apps only phone filter 3 sec delay before 2nd look 20 minutes before news site 20 min before touching eiver Daily forum accountability Read plan daily Do something when quiet at work (handbook etc)	3 sec rule Log in to forum before dodgy sites 20 min before touching esp at night Daily forum accountability Learn/read when quiet
Importance	8	8
Confidence	7	7
It's working when	20 minutes is enough to overcome the urge Otherwise it's too much the front of my mind and have to go back a step	20 minutes of not touching prevents masturbation 5 times in a row

So now, after having been at 145 days, why do I want to be free?

I think it's mostly because 1:

It's possible and if I can't control myself I will feel like a real loser

2: I want to feel that being clean is the real me and that I am a good jew who tries hard to be good in everything spiritual

Then there is also important factors like marriage, kids chinuch ("do as I do" rather than "do as I say"), serenity, peace of mind, confident and clear head etc.

Is it worth the effort of constant battling with fantasy thoughts and sights that are everywhere?

Definitely

But so hard to accept that I can't just say 'hey, gimme a break, I'm just so tired right now. How about when I'm retired or better yet, expired?'

And no, more sleep is not really an option for me right now

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Re: There must be a way
Posted by starting - 18 Feb 2021 20:57

Another list I just found from shortly after joining, close to a year ago lists out a bunch of ways my life would be improved when I am clean

Part of this list includes :

Can look my wife in the eye and feel loyal

Be able to fully appreciate and love my wife

Peace of mind

Come home calmly

Go to Shul calmly (I know this borders kefira but)

Ability to concentrate

To be able to receive and appreciate kosher pleasures

Ability to be happy? To be in a good mood? To start off the day without being post masturbation

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Re: There must be a way
Posted by starting - 18 Feb 2021 21:09

Last one for now

I found a list of some of the most important things for me

Included were:

Happiness

Peace tranquility

Happy marriage

Closeness with kids

Purpose

Honest life

Self esteem

Independence

Health

Financial security

Spirituality

And more.

The top five of those (and most of the rest) were not quite compatible with the double life, the fake pleasure and the falsness, the guilt the shame and the lack of control (fill in the blank) that comes with a masturbation filled life

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Re: There must be a way

Posted by starting - 19 Feb 2021 16:50

Clean day

Was very busy but not in a stressed way

No major urges b"h

Have a good shabbos

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Re: There must be a way
Posted by starting - 20 Feb 2021 22:22

Gut voch

Shabbos was good b"h

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