

Restarting the journey, after a plateau

Posted by Looking_to_improve - 13 Aug 2020 22:00

New phone, new thread, new me?

I fell today.

But for the first time in a while, it hurt. I feel it has penetrated into me and made me feel regretful.

I'm not sure what hurts more, the fall itself or the fact I can't remember the last time I felt bad like this (and that's not because a lack of falling). Strangely I fell proud that I'm internally understanding the weight of my actions (and therefore falls) for the first time in a while. For far too long I felt that when I fell, it was like breaking a diet, "oops, let's try not do that again", but not much of an internal realisation of what I've been doing. No genuine sense of regret or that I had made a bad mistake. Overall I don't think I'm in a negative place, I just want to utilise my current feelings and use it to spring back up to greater heights.

Currently this is where I think I'm at:

I think I've been falling between every 2 days and every 2 weeks, probably with this frequency since Corona and even before probably up to Jan, off the top of my head. Unfortunately I don't think I've been putting in much effort, realistically I think I've just been waiting between urges and then falling, I don't think I've done much prevention on my part.

Just got a new phone and used the opportunity to fix up my filter a bit. **For anyone reading don't delay fixing your filter, I've found it has made a huge difference.** Not to be naive but pretty sure it's mostly working correctly now, no loopholes. (I did spend quite a while today trying to find one before I fell:grimacing:) Although my goal of 90 days should not be dependent on a good filter, even though I plan on having one nonetheless.

Earlier in the year I was struggling with porn but I think that was a temporary stage, long term it was less of an issue to me than masturbation, which I've struggled with for more than the past year.

I've been re-listening to a chabura by a Rebbe on the topic and I briefly bought up that I'm struggling to him, and I plan to speak to him more about it. This week I've been putting in the effort to try not fall and think about hirhurim, whereas in the past sometimes it was a matter and of just waiting until a good time to fall, not having any real method of prevention nor of fighting the yetzer hora. Already in the past few days I have had multiple times where I could have fallen but did not, and didn't follow my urges blindly. Obviously I need to be more preventative, but I still think this is a big step up from basically just hoping never to have an urge, because that's isn't the aim, rather it is our reaction to our urges. I think with this previous mindset of mine it

was going to be near on impossible to get to 90, now I'm starting to feel more confidence that it is achievable, even if I haven't been more than 2 weeks clean in a while.

I also plan to listen to the fight by the shmuz (was there website down for anyone else recently?)

I also want to be more active in the forums, both here and in other threads. I often lurk around, but I think I should really join in a bit more.

That's it from me for now, that's a bit of a megilla to read. Drop in to say hi, I wanna hear from you guys how you are all doing in your battles, it really helps knowing that we are all fighting this war together

Looking_to_improve

Warning: Spoiler!

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Re: Restarting the journey, after a plateau

Posted by Shnitzel and kugel - 04 Nov 2020 06:30

You are like a poshutir yid which sounds like a simple thing but really isn't if looked at deeply.

Keep trucking lucky person!

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 04 Nov 2020 22:33

Day 19

Very thankful to Hashem for how this week has gone so far.

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 05 Nov 2020 22:16

Day 20

Another very good day bH. Nothing really of note to mention, other than I feel I'm really starting to get into the yeshiva schedule.

I heard in a shiur today a Ramban on this week's parsha, and I thought it might be useful to share with you guys here, maybe have a look inside if you get the chance, in case I don't present it well.

The Ramban on this week's parsha ???:?, says that Hashem only tests tzadikim and not reshaim who won't listen. I see a lot of guys going through tests here, and that must only mean one thing: there's a lot of tzadikim here too.

He also mentions that Hashem doesn't need us for anything, but the nisayon is for our sake, to

actualise our potential which Hashem knows we already have within us. If Hashem knows that we are capable of being matzliach, the reason we actually have to go through the nisayon is a chesed from Hashem, as we'll receive more schar for a test we actually overcome, rather than one in theory we had the potential to overcome.

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Re: Restarting the journey, after a plateau
Posted by Zedj - 06 Nov 2020 04:42

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Thank you for sharing!

something that always comes to mind when someone says "Hashem doesn't need us"

I think it important to remember Hashem "wants" us

also as you mentioned, one can overcome any challenge if he wants because we have the power to do so.

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 06 Nov 2020 06:26

[Zedj wrote on 06 Nov 2020 04:42:](#)

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Yes, I think that's very important to have in mind. I think I should add, that given that Hashem is infinite and doesn't need to create anything in order to be complete, he has no need to create us or anything in order to fill a lacking within himself. I think it follows, that then Hashem's act of creating us, is out of his love for us, the 'want' for us that you mentioned.

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 06 Nov 2020 13:26

Day 21, 3 weeks

Very happy to head into shabbos with 3 weeks under my belt, boruch Hashem.

I think I used my time effectively today, on a day where there's often too much free time. Filling my daily schedule definitely helps to avoid urges and times when I could act time.

Did some more learning than normal, made some calls, and went for a run.

Hope you all have a great shabbos

Looking_to_Improve

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Re: Restarting the journey, after a plateau

Posted by Grant400 - 06 Nov 2020 15:58

Dear Mr. Improving_like_crazy, aka- Looking_to_improve,

You are doing tremendous. It's an honor to be privy to your struggles and triumphs. Witnessing such brutal self introspection and honesty is inspiring. Reading about your success and your growing is truly amazing.

As we watch you continue to achieve great heights, we see you learn tips and tricks. How to avoid triggers. How to proudly fend off advances by the Yetzer harah. Like you mentioned, to stay busy etc. These are all phenomenal conduits to kedusha. They must be kept in place forever if necessary. These are lessons that should remain etched in stone eternally.

I'd to just raise one point that's made a big difference to me. I don't know if you are comfortable yet or not. Obviously this is not something to jump to immediately. But eventually you can start to change your mindset and understand that you yourself don't do "these" things anymore. You do indeed have the power to resist. Instead of constantly being on edge lest you have an urge that will ambush and neutralize you, you can have to a certain degree a level of confidence in your own ability not to be swayed easily.

Obviously no mindset or understanding or even clean history can allow us to become careless. All preventive measures must remain in place. But just having this understanding and confidence in your own ability as you see your streak growing, will make life more pleasant and less intense.

In the beginning we must always be on edge, because urges are on the prowl and we know if attacked we can assume we will be weakened and overcome. After rebuilding our arsenal of

weapons and understanding that we do have a choice and we can say no, we can relax. Not our standards or safety measures. Not ever. But our constant state of panic and lack of confidence and "white knuckling" can ease. We don't relax our security measures but just the edge of nervousness of "Will I succeed? Omg! Will I?" that comes along with it. We are changed men. We are real men. We decide based on our heart and mind not via our base desires like animals in a jungle.

In essence what I'm saying is that just understanding how you've grown can help ease the intensity and edge of desperation off of the battle and can actually give you a boost of confidence. I hope I was clear enough.

Hatzlacha!

Grant

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 07 Nov 2020 21:45

[Grant400 wrote on 06 Nov 2020 15:58:](#)

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Hatzlacha!

Grant

Day 22

Had a nice shabbos, generally don't have any issues over shabbos.

Went for a run, had a melave malka and just been sorting my laundry tonight, so kept myself

occupied.

Thank you Grant really appreciate it.

I think I've passed the "white knuckle" stage, I think on my last count I also felt similar. Once the days begin to count up, I start to feel a bit more relaxed with my struggle. I think I'm going to continue updating daily for the time being, I don't have much else on my phone, so anyway I'm often around on the forums, and I also find myself a bit more grateful to HKB"H for when thing are going easier.

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 08 Nov 2020 11:46

Day 23

Had a wet dream last night, don't think I bought it about. Was a bit frustrated (not that I might have bought it about, just that weird mood when you wake up with your heart pumping) when I woke up, but I think I'm back to normal now. At least I had enough time in the morning to clear myself off, and get to davening early

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Re: Restarting the journey, after a plateau

Posted by Hashem Help Me - 08 Nov 2020 12:14

ignore it completely. It has no effect on your streak. Much has been written on thr forums about a wet dream at this stage being a sign that the subconscious realizes that you consciously will bh not be doing this stuff any more, so it is actually a good sign. Of course that is only if it "comes out of the blue". If someone cha v'shalom spent his day arousing himself and fantasizing a lot, then he is responsible.

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 08 Nov 2020 21:02

Day 23

Clean day again boruch Hashem. Was very tired and a bit hungry today during 2nd Seder, didn't have an urge, but in the past, I might have acted out as a release. Not much else to add, I think I made the most of today, given that I woke up early with a wet dream

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 09 Nov 2020 22:12

Day 24

Straightforward day again bH. I realised today that a website might not be blocked that I thought was (I wasn't searching around for a loophole at the time). It feels good to be able to email your filter company and leave it be. No checking if it actually was or wasn't blocked (under the guise of 'just checking' when I know I have much worse intentions), no foaming at the mouth like a dog, or thinking what I'm missing out of.

Not much else to report for today.

Been struggling on our sugya, not really holding so much, but ups and downs are to be expected. I did have a very good maariv tonight.

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Re: Restarting the journey, after a plateau
Posted by Grant400 - 09 Nov 2020 22:31

I must learn from your honesty and how in touch with yourself and your emotions you are. Kol hakavod! ???? ?? ???!

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Re: Restarting the journey, after a plateau
Posted by excellence - 09 Nov 2020 22:44

ur amazing. so many people wish they were where you r now at your age.

youv'e had over 2500 views/hits! on your forum. keep it going, realise how many of us care, n
make yourself proud!

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