

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 an 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 Looking_to_improve - 17 Jan 2021 16:02

Feeling a bit better now, but still a bit on edge.

My schedule is pretty busy from now, through to the end of night Seder, so even if I have an urge, I'm not gonna have much free time.

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Re: Restarting the journey, after a plateau
Posted by Grant400 - 17 Jan 2021 16:07

[Looking_to_improve wrote on 17 Jan 2021 16:02:](#)

Feeling a bit better now, but still a bit on edge.

My schedule is pretty busy from now, through to the end of night Seder, so even if I have an urge, I'm not gonna have much free time.

You are almost at 60 days! That's incredible. It seems like you have a pretty good handle on dealing with urges. We all appreciate your posts, and the inspiration it gives us. Keep on sharing, and keep us updated!

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 17 Jan 2021 21:36

Day 59

BH I'm feeling back to normal now. Thank you grant for post and thank you everyone else for the 'Thank you's, it makes a big difference to have you all here in the battlefield.

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 18 Jan 2021 22:01

Day 60

2 months

2/3rds to 90

BH today was a good day.

Got a loophole in my filter fixed today finally. BH it hasn't been an issue for the last 2 months, probably because I've had webchaver, but I feel more at ease now that's it's closed up, given that for the last few days I've had to email back and forth etc, and it's been somewhat on my mind.

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Re: Restarting the journey, after a plateau
Posted by Realestatemogul - 19 Jan 2021 05:23

Good for you! I love your thread because you are so focused on your goal it is very inspiring!

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 19 Jan 2021 06:37

[Realestatemogul wrote on 19 Jan 2021 05:23:](#)

Good for you! I love your thread because you are so focused on your goal it is very inspiring!

Thank you REM, really appreciate it!

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 19 Jan 2021 21:21

Day 61

BH a good day for learning.

Been feeling a bit down mentally this week, spoke to an avreich this week about what I think is getting me down. It's reassuring to hear someone who felt/feels the same way about certain issue, but also frustrating to hear that I just have to accept the situation, there's not much I can change.

Being in not such a great mood makes me feel a bit more vunderable, so I need to make sure I'm proactive in my prevention.

Trying to also get an early night, late nights aren't conducive to being successful in this inyan and they also impact my learning negatively.

Looking_to_Improve

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 20 Jan 2021 22:23

Day 62

BH mostly a good day today, went to a very good shiur tonight.

I've allowed myself to fantasise occasionally over the last few days when I lie down. I need to be more strict with myself and make sure to think of another topic. I think I'm ok with dealing with it, but I've delayed too much than necessary. I need to avoid slipping back into old habits

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Re: Restarting the journey, after a plateau
Posted by starting - 21 Jan 2021 06:37

[Looking_to_improve wrote on 20 Jan 2021 22:23:](#)

Day 62

BH mostly a good day today, went to a very good shiur tonight.

I've allowed myself to fantasise occasionally over the last few days when I lie down. I need to be more strict with myself and make sure to think of another topic. I think I'm ok with dealing with it, but I've delayed too much than necessary. I need to avoid slipping back into old habits

You always have to be alert and can never allow yourself any leeway. I had the same story and only caught myself when I was at the point of falling. That should not happen. The fight would not even have started had I been distracting myself on time.

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 21 Jan 2021 22:36

Day 63

Week 9

BH was a busy day with good learning

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 21 Jan 2021 23:54

Foolishly checked the loophole I got closed up the other day, it didn't work as it should have. I paused for a few seconds, thinking about what to go have a look at, and realised I really don't want this, nothing positive will come from it. I have a long way to go still, if after 9 weeks clean, my mouth still waters, and my heart rate goes up, at the prospect of finding something to look at and masturbate to. Relapsing is only going to lengthen the journey and undo my progress. I've been fed up in the past of a lack of improvement, so now that I'm in a situation where I am improving, I need to stay far away from old habits.

BH it's working again, bli neder I won't check it again

Goodnight

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Re: Restarting the journey, after a plateau
Posted by Grant400 - 22 Jan 2021 02:41

[Looking_to_improve wrote on 21 Jan 2021 23:54:](#)

Foolishly checked the loophole I got closed up the other day, it didn't work as it should have. I paused for a few seconds, thinking about what to go have a look at, and realised I really don't want this, nothing positive will come from it. **I have a long way to go still, if after 9 weeks clean, my mouth still waters, and my heart rate goes up, at the prospect of finding something to look at and masturbate to. Relapsing is only going to lengthen the journey and undo my progress. I've been fed up in the past of a lack of improvement, so now that I'm in a situation where I am improving, I need to stay far away from old habits.**

(even wrong)

BH it's working again, bli neder I won't check it again

Goodnight

It may always remain like that, but you clearly came a long way if you remained levelheaded and in control.

If I were you, I'd be feeling proud of the long way I already came, not feeling sad with the long way still to go!

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Re: Restarting the journey, after a plateau
Posted by Ish MiGrodno - 22 Jan 2021 04:32

LTI, we are kindred spirits - we are both on day 63!

As the General pointed out, focus on your accomplishments (which would have been unfathomable but a few months ago)

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 22 Jan 2021 08:44

Feeling desire to act out this morning. Been a very busy week and I need a break, a soothing, pleasurable break from reality. Been feeling a bit aroused as well. Been a few difficult days recently in the battle, and now I just want to masturbate and get it out.

If I continue trying to X-ray every women or picture of a women I see, what am I other than an X-ray machine? I can't continue desiring something so detrimental to myself

[gibbor120 wrote on 07 Nov 2011 18:14:](#)

Objectifying Myself ???:

[dov wrote on 07 Nov 2011 18:08:](#)

Which reminds me that when I think of a women as an object, I am really thinking of **myself** as less of a person and more of an object: A sexual pleasure-being rather than a real human-being.

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