

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 Hashem Help Me - 22 Jan 2021 12:31

First of all congratulations on where you are up to. You have come a long way and besides BH doing so well, you are inspiring many others with constant honest posts.

Secondly, you are 100% normal. Everyone has urges to release sexually. Accept it. Hashem made us like this so we should iyh raise beautiful families with many cute kinderlach. The urge will be utilized b'ezras Hashem at the right time with the proper focus. Until then we remind ourselves that it is only a temporary urge, and that you bh have full control over it. It's not super easy, but it is doable; and the reward in this world of menuchas hanefesh is incredible. Besides the reward in the Next World which tzaddikim say is beyond our imagination.

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 22 Jan 2021 14:16

Day 64

Have no idea how my urge subsided earlier, but very grateful to HKB"H that it did. It was very overwhelming.

Have a great shabbos everyone

Looking_to_Improve

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 23 Jan 2021 16:53

Shabbos was a bit tougher than normal, no strong urges as such, but a lot of thoughts running through my mind, which I couldn't quite get rid of. It's gonna be a long motsei shabbos, gonna go for a run and try to tire myself out

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 23 Jan 2021 22:48

Day 65

Went for a very long run tonight, and bH kept myself busy. Going to sleep tonight. Thank God I haven't had as strong urges as I did on Friday

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 24 Jan 2021 16:55

Still feeling an urge today. I guess I'm in for a tough few days, gotta hold on tight.

Looked at something I shouldn't have(not porn) this afternoon. I didn't masturbate, but I think I'm gonna consider it as a slip, and probably count it as a fall if I do it again.

Gonna be a busy day from now till the end of night seder, but I think I should probably go for another run tonight, try get this urge out my system

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Re: Restarting the journey, after a plateau
Posted by Zedj - 24 Jan 2021 17:32

Your strength and perseverance encourages me!

Keep it going!

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Re: Restarting the journey, after a plateau
Posted by Ish MiGrodno - 24 Jan 2021 18:43

Learn

Run.

Post on GYE.

Learn.

Run.

Post on GYE.

Repeat the above.

Guaranteed to keep you out of trouble during waking hours....

Stay strong, brother!

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 24 Jan 2021 20:53

Thank you guys for your support, I really appreciate it

Day 66

Wasn't feeling so great during night seder, couldn't focus and was feeling ill so I left early. I guess it's a bracha that I have something else to fill my mind with, other than the desire that's been in my mind for the last few days.

Been a tough day overall. Was dumb earlier to have give in to my curiosity, it only increased my desire to masturbate. Never quite cleared my mind fully, always had a bit of a niggling feeling at the back of my mind.

BeH ill wake it tomorrow and it will all pass

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Re: Restarting the journey, after a plateau
Posted by Zedj - 24 Jan 2021 21:24

Yes, the fresh image will probably linger for a bit.

Keep strong!

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Re: Restarting the journey, after a plateau
Posted by excellence - 24 Jan 2021 21:32

[Looking_to_improve wrote on 24 Jan 2021 20:53:](#)

Thank you guys for your support, I really appreciate it

Day 66

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You don't need me to tell you, but yes the urge will pass. It will. Please hold on tight, for my sake. I need you. I need your inspiration.

Sleep well

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Re: Restarting the journey, after a plateau
Posted by change bochur - 24 Jan 2021 22:31

This is really michazeik to read this. Keep it up

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 25 Jan 2021 22:31

Day 67

Pretty good day BH. Yesterday was relegated to the back of my mind. BeH by tomorrow it will be completely gone

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 26 Jan 2021 16:05

Today has been pretty good so far BH. Unlike 2 days ago when I was getting a prolonged urge for a long time to masturbate, today I just had a surprise attack to act out. I'm writing this to keep myself busy for a few mins.

As soon as the element of surprise is lost, the cat it out the bag, and the urge will subside. So I just need to make it past the wave, and let it come crashing down

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 26 Jan 2021 18:11

Still have an urge for masturbation, I have a chavrusa now, but concerned for afterwards

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