

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!

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 06 Feb 2021 21:50

Day 4

Kept myself busy tonight, even if it wasn't with what I said I'd do. Felt good to relax a bit, the week gets very busy and hectic

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 07 Feb 2021 18:22

Acted out again this afternoon. Was feeling very overwhelmed towards the end of Seder. Felt very small during maariv tonight standing before Hashem.

Going to change my accountability software app, the one I've been using hasn't been working so great

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 08 Feb 2021 22:17

Day 1

BH had a good day today.

Downloaded a new accountability app, still setting it up, but it looks promising

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 09 Feb 2021 22:32

Day 2

Fantasised a little bit today before I slept, but other than that, it's been a very good day BH.

=====

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 10 Feb 2021 22:06

Day 3

BH a good day today

=====

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 11 Feb 2021 21:55

Day 4

Mostly good day overall, felt weak at one point, but was good other than that BH

=====

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 12 Feb 2021 13:30

Day 5

Went for a run this morning, other than that it was all good bH.

Feeling like I'm started to get back on track

Have a great shabbos everyone!

Looking_to_Improve

=====

Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 13 Feb 2021 21:37

Day 6

BH had a nice shabbos, didn't have any issues

=====

Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 14 Feb 2021 11:41

Had an urge to act out earlier. BH it's died down, but I still feel it to a degree

=====

Re: Restarting the journey, after a plateau
Posted by Realestatemogul - 14 Feb 2021 19:40

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 14 Feb 2021 21:25

Day 7

BH I stayed clean today. Came very close to masturbating, but managed to stop myself and hold back just before I did. Not so sure what was different today, but very thankful Hashem gave me the strength today to overcome.

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 14 Feb 2021 21:51

Glad to have a week clean after my belt, haven't been clean for this long in around 3 weeks

=====

Re: Restarting the journey, after a plateau

Posted by #makelifegreatagain - 14 Feb 2021 22:28

MAZAL TOV! Keep it up!!

Try to see if there's a pattern to when you feel the urges. Once you find it it should make things a little easier because then all you have to do is plan what to do if you're in that situation/feeling that way.

=====

Re: Restarting the journey, after a plateau

Posted by retrych - 15 Feb 2021 16:06

At least for me, it's like an injury that aches in the background, and may flare up occasionally

but if you don't touch it it will fade away. You're doing it so far!

=====

=====