

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 Gevura Shebyesod - 22 Feb 2021 22:17

Forward to day 1.

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 23 Feb 2021 22:01

Day 1

Clean bH

messaging my filter company back and forth a bit trying to find a solution. It's a bit frustrating that it can't be solved simply

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Re: Restarting the journey, after a plateau

Posted by DavidT - 23 Feb 2021 22:10

[Looking_to_improve wrote on 23 Feb 2021 22:01:](#)

Day 1

Clean bH

messaging my filter company back and forth a bit trying to find a solution. It's a bit frustrating that it can't be solved simply

Good things don't come easy.

We're all looking forward to your success!

Keep strong!

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 24 Feb 2021 21:29

Day 2

BH clean

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 28 Feb 2021 22:19

Day 0

Fell today during lunch

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 28 Feb 2021 22:37

500 cumulative days clean, a bittersweet moment.

It's a lot of clean days, but not many strung together

It took me a long time to get to a month clean, at least a year since I joined GYE. I fell, but managed to have another 2/3 periods of a month each where I was clean. Even managed to get up to 60 days clean at one point.

Since then its felt like a bit of a regression back to where I was, back to the *plateau* of struggling to break the cycle of going more than a week or two clean, which is where I was 500 days ago. Back to square one.

Falls are normal in the beginning, but are they still normal 500+ days in?

Have I progressed? I don't know. Yes I had clean periods, but why have I returned to this cycle? I know there's no short path to success, but I'm on the long windy path and it feels like it goes in circles. After a lot of trekking, the viewpoint of the rest of the journey looks suspiciously familiar as it did a long time ago. While other guys come here on GYE, and bH make great progress, I feel lost in the maze, finding myself back near the start.

My thoughts are racing, but I have nothing else commit to writing. Just an overwhelming feeling of disappointment in myself

Warning: Spoiler!

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Re: Restarting the journey, after a plateau
Posted by Striving Avreich - 28 Feb 2021 23:06

Something that Dov has mentioned in a bunch of older posts (I'm pretty sure I remember reading them on HakolHevel's thread) that GYE is like a gateway drug. An important part of many people's recovery is speaking to real live people and having a real relationship with them. I'm far behind you (only at a streak of 37 days as of writing this) and don't know where you're holding but you may find that useful.

Also, obviously having a good filter that is properly configured really helps.

But overall, 500 days clean is spectacular! It's wonderful to hear that you are still going at this and looking for ways to improve!!

It seems like you realize that something isn't working and needs to change. That is an important part of growth, knowing when to not only push hard but push differently.

Hatzlachah! I really admire you!

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 26 Apr 2021 21:03

My new thread can be found here:

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/364367-Square-one#367341

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