

OivedElokim-I'll never give up

Posted by OivedElokim - 21 Feb 2021 21:37

Day one.

This is my brand new thread for my brand new journey towards purity.

I will keep with me the lessons learned so far and keep my eye on the ball.

Today is the first day of the rest of my life.

A porn and masturbation free life.

A life of positivity and happiness.

A life of Torah and Avodah.

The life G-d intends for me to live.

Wish me luck.

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 07 Mar 2022 02:10

For the first time in weeks, I'm 4 days clean, BH!

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 09 Mar 2022 22:09

Got to 6 days and then fell.

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Re: OivedElokim-I'll never give up
Posted by Bilaam Harasha to Yosef Hatzaddik - 10 Mar 2022 18:58

I saw your post about not taking vows/contracts because you're afraid to break them and I just wanted to say that I personally felt the same way before starting to take them but I eventually started taking them I didn't break them. When I did start to take them (and I still do it like this now) I took the vows only by the day and only for that day, so in the back of my mind if I did really want to go and watch, I can at least wait until the next day and not break the vow. And I didn't do this everyday, I took the vows only when I felt the desire and/or came across a loophole or an unfiltered device.

There's also ways to allow yourself to go look (despite taking the vow) if you agree to do certain things as a part of the vow before or after you go and look as a knas or distraction if you remember the vow at the time of the urge. But I assume you already checked out the Taphsic method and are still shaky about it. Try taking it one day at a time (even an hour at a time) in conjunction with the knas or distractions so even if the urge is "irresistible" you won't break the vow because if you go ahead and do them you would be able to watch without breaking the vow. I hope this can help and I do encourage you to at least try this on a day where you feel no urges at all to start to get used to it.

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Re: OivedElokim-I'll never give up
Posted by Shtarkandemotional - 10 Mar 2022 22:31

Try out the easy way to break free from lust using the Self-Talk method! (See my signature for thread) It helps change our core and our view of lust! Which will allow us to feel less lustful and to become stronger people with a proper mindset! We'll finally feel one with ourselves! And the wanting and idea of falling will be out the window! You may be just a 5 minute recording away from experiencing freedom and real happiness! Hatzlacha!

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 11 Mar 2022 00:38

[Bilaam Harasha to Yosef Hatzaddik wrote on 10 Mar 2022 18:58:](#)

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I've tried month-long knas contracts before and have broken them. I doubt that shortening the length of the contract will make much of a difference. Never did an actual shvua but I don't think that would be wise given my situation.

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Re: OivedElokim-I'll never give up
Posted by hashemyeracheim613 - 11 Mar 2022 04:19

I read your post about waiting to hit rock bottom to improve. I once read a book called Beautiful Boy. It's a father's account of his son's tragic struggle with drugs. In the book he mentions that "rock bottom" is really a fallacy. There is no objective state that can be identified as such. There is always more room to descend. Whenever someone recovers it is easy to say retroactively

that they hit rock bottom. But it's not really true. Don't wait for that to happen, you might have to go very far down, in which case you will have made it that much harder to recover.

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 13 Mar 2022 03:14

Day 3

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 13 Mar 2022 16:58

Last night I took a very difficult yet important step for my recovery. I asked my roommate to change the password on his laptop so that I can't use it to be nichshal. Didn't tell him in person, nor did I tell him why, though anybody with a half a brain could figure it out. I felt very embarrassed and I struggled with myself for a few days, deliberating if, how and when I should do it. In the end I just took the plunge. I felt brave, even heroic. It was one of the hardest things I can remember doing.

I also fantasized and masturbated last night. But in the bigger picture, my actions last night brought me closer to my goal of staying clean, not further.

I'm thankful to Hashem for giving me the strength to make that move, as well as to @HHM and @YG for encouraging me to do it.

I pray that Hashem should allow me to continue to make progress on this front as well as in every other area of Avodas Hashem, that I should look back at this period of my life and be proud of the sacrifices I made, the steps I took, and the goals I achieved.

Thanks for reading.

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 14 Mar 2022 05:55

Fell again tonight. Haven't seen porn in two weeks but masturbation is a constant struggle. I keep finding ways to find arousing material on music streaming apps (this time Apple Music-). I think I may need to give up my music for the sake of staying clean. That's a tough pill to swallow for a music junkie like me....

I've also realized how desperately I'm pursuing this stuff, like my life depends on ejaculating yet again. That's definitely a mindset issue that I need to work on, independent of whether I have access to explicit stuff or not. If I don't change the way I think about masturbation-as a necessity- I'll always find ways to get my release...

But again, amidst the feelings of frustration, stagnation and failure, I need to remember that I **am** taking this seriously, I **am** fighting hard, I **am** doing difficult things, and I **am** making sacrifices to stay clean. I'm not a total failure just cause I don't have a 150 day clean streak. I pray that I get there soon enough...

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found out that they have music videos...

Re: OivedElokim-I'll never give up
Posted by committed_togrowth - 14 Mar 2022 06:21

Hi OivedElokim,

I feel your pain on the music as a fellow music lover (my favorite is Neil Young). During my last fall I also found ways to find sexual content on pretty much every app on my phone. Unfortunately that included spotify, apple music, and the apple podcast app. For me when taiva hits particularly strong I get into a certain mode and unlock an incredible degree of creativity in finding new ways to access unkosher content on seemingly safe apps, and having those apps on my phone was ultimately like standing above a pit. It's hard sometimes still not having access to spotify and my playlists but on the other hand I'm seeing more success now as I just don't have access to those loopholes. I also feel a bit better not walking around with earbuds in all the time and am becoming more able to enjoy life without the accompanying soundtrack. Regarding your last paragraph, beautifully said. You're an inspiration. I have no doubt you will get to 150 and beyond!

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Re: OivedElokim-I'll never give up
Posted by joetyh - 14 Mar 2022 10:41

@Oived do you have an iPhone? Because you can block music videos with Apple restrictions if you do....

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 14 Mar 2022 17:04

Yes I do. Thanks, I'll look into that.

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Re: OivedElokim-I'll never give up
Posted by Hakolhevel - 15 Mar 2022 03:31

Oived, I'm going to ask you a question, and truthfully it's a question I ask myself sometimes.

If things are going in a circle and havent changed much, why keep trying the same thing?

I think for years you have been talking about closing loopholes, some people can get clean thru closing loopholes, but in this case, it seems to me you are chasing this impossible dream of closing all loopholes.

By all means close every avenue to shmutz yiuyou can, after all, why make the fight harder on yourself. But unless you decide to get rid of your smartphone and stop using the internet, what else is missing that can take you to the next level?

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 15 Mar 2022 20:08

Point well taken. I still have some hope that I can patch up all the holes, and I'm going to keep working in that direction for the time being. But you raise a valid point, and I'm afraid you might be correct in the long run. Giving up my smartphone is a notion that is unimaginable to me right now, as I rely on it so heavily for so many things.

As far as you asking this question of yourself, if you don't mind me asking the following-you seem to have things under control to some degree, judging by your streak (I know it's not super long, but in my current state anything over 4 days is a lot...). What is it that causes you to ask this of yourself?

Also, (forgive me for my insolence) I'm curious to know what you answer yourself, if you do.

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