

OivedElokim-I'll never give up

Posted by OivedElokim - 21 Feb 2021 21:37

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**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 - 22 Mar 2022 23:04

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Approaching the end of day 2. I am pretty hopeful that I'll succeed to build up a long streak, or at least longer than I have at any point in recent months, as I have taken several steps to limit my access to arousing material. Additionally I am BH 20 days clean from porn.

Had a pretty decent day, though I'm still struggling to wake up for minyan. Had a pretty satisfying learning seder, though it wasn't very long. When you focus and learn in a sing song, Gemara-as well as other limudim- become so much more enjoyable and invigorating.

I continue to find myself ogling almost every woman that enters my line of vision, mentally rating their attractiveness, imagining having sex with them, etc. I wonder when, if ever I'll be able to overcome that area of the struggle. It is incredibly frustrating, as I recommit myself to fighting this fight, at how very hard it is to avoid getting carried away with these thoughts, when triggers are literally everywhere, and the taiva remains as strong as ever, no matter how many times you actively resist it, and the thought of fighting sexual desire for my entire life is daunting, to put it mildly. It feels unfair that Hashem made us this way.

Been listening to a podcast about porn addiction that Rabbi YY Jacobson did with Eli Nash. It's very nice to see the issue being addressed and tackled in a public setting. It's like people are waking up to the issue. Hopefully with the increase in awareness in our communities will come more support and acceptance.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 03 Apr 2022 17:23

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I'm coming off of a few hectic, emotionally turbulent days. BH I'm on my third clean day, largely due to the fact that I didn't have the time or "headspace" to masturbate. I thought I would use masturbation to self-medicate the intense emotions that I'm going through but so far I haven't.

Don't really have a long-term plan on how to stay clean from masturbation. All my "plans" (calling partners, distracting myself, externalizing the urge) aren't worth the paper they're written on, or in this case-the screen they're typed on. Once the urge comes I totally lose control. I suppose that can be changed, though I don't know precisely how.

But BH I am a full month clean from porn, and I pray that I'll continue to have success in that area and that this success should spill over into my other struggles.

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Re: OivedElokim-I'll never give up  
Posted by Vehkam - 03 Apr 2022 18:33

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If you find that nothing is working perhaps you can commit that one day a week you will be careful no matter what. Shabbos is a good day to start. After that you can add Friday which is a very busy day usually anyway. Work your way back until you have the whole week.

You may find that the success from the first day gives you a realization that you can be more successful than you think and it will carry over one day at a time.

Just another method to try....

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Re: OivedElokim-I'll never give up  
Posted by Hakolhevel - 04 Apr 2022 02:15

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[OivedElokim wrote on 03 Apr 2022 17:23:](#)

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Hiw did you find F2F did it help you at all?

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Re: OivedElokim-I'll never give up

Posted by MenachemGYE - 04 Apr 2022 11:15

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Hi OivedElokin,

Here's a new cutting-edge tool from the next edition of F2F called **Safe Landing** (otherwise known as "Drop the Anchor") which can help when the urge is so intense that we can't practice any strategies.

I'd love to hear feedback from anyone that tries it!

Safe Landing is a grounding technique that will help you tolerate strong urges or emotional storms. The technique is simple to do and can be done anywhere at any time. The idea of a Safe Landing **is not to distract** yourself from the storm, but to stay in control of yourself so that you don't become *overwhelmed* by it.

For example, during a flight, if a pilot finds out that there's a hurricane up ahead - he will need to make an emergency landing. A Safe Landing won't get rid of the hurricane, but it will keep his passengers and the aircraft in one piece.

You can do a Safe Landing by following a 3-step formula:

**Step 1: Notice.** Take 10 to 30 seconds to notice any thoughts, urges, feelings, or sensations that are showing up. Name them in a neutral way by using terms like "Here's a strong urge," "I am noticing a feeling", "I'm having the thought," or "here is this sensation."

For example:

- Here comes an urge
- I am noticing the feeling of anxiety, and fear...
- I am having the thought that something terrible is going to happen...
- Here comes the sensation of tension in my shoulders and stomach...
- Here is a memory
- I am noticing an image
- I'm noticing a fantasy
- I'm having an image of a fantasy

**?Step 2: Ground Yourself.** Continue to notice the thoughts, feelings, and sensations that you have noticed, and now you can begin to ground yourself.

You can do this with slow and gentle movement that will help you regain a sense of control over your body, hands, and feet.

There are many ways to do this. For example:

- Slowly bring your ten fingers together to form a triangle, and let them touch gently.
- Slowly and gently push your feet into the ground
- Slowly place your hands on your abdomen, and focus on the gentle rise and fall of your breathing.
- Slowly and gently stretch your arms and legs.
- Slowly and gently breathe through your nose and notice the sensations of the air flowing in and out.

**Step 3: Engage.** Keep checking in with your thoughts and emotions, and continue with the slow and gentle grounding movements.

Now take 10 to 20 seconds to get a sense of what other things are happening right now, aside from your thoughts and emotions.

You can do this by :

- Noticing what you can see or hear.
- Noticing if there's anything you can smell or taste.

- Reaching out to touch or feel something around you.

Repeat this formula over and over until you feel back in control. Remember, the aim here is not to distract yourself, or get rid of the urge or emotional storm, but to ground yourself well enough that you can withstand it.

Once you've completed your "Safe Landing", return to whatever you were doing before, and give it your full attention. However, if what you were doing before was not in line with your goals and values, then switch to something more productive.

This tool is adapted based on ACT's Drop Anchor technique. For a few audios of this technique see [contextualconsulting.co.uk/insights/free-act-resources-from-russ-harris](https://contextualconsulting.co.uk/insights/free-act-resources-from-russ-harris).

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Re: OivedElokim-I'll never give up  
Posted by Hashem Help Me - 04 Apr 2022 11:31

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How are you celebrating the great accomplishment of 30 days of no pornography?

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 05 Apr 2022 17:01

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[Hakolhevel wrote on 04 Apr 2022 02:15:](#)

[OivedElokim wrote on 03 Apr 2022 17:23:](#)

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Hiw did you find F2F did it help you at all?

F2F was helpful when I was doing it. I stopped for a pretty silly reason and I should probably get back at it.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 05 Apr 2022 17:07

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[Hashem Help Me wrote on 04 Apr 2022 11:31:](#)

How are you celebrating the great accomplishment of 30 days of no pornography?

Probably gonna get some sushi.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 05 Apr 2022 17:25

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Spoke to a mentor from the site two days ago and we made a game plan for avoiding masturbation. It's basically just frequent accountability-daily texts, as well as reaching out for support when feeling weak.

I had a close call today. Saw a pretty woman at my place of work and was possessed by a strong urge to masturbate. Just thinking about it now is bringing it back to me. (As I'm typing this I'm afraid that I'll fall right after I post this. But Bez"h I will not). I was very close to going to the bathroom and masturbating but I got a hold on myself, used the distraction technique to get over it. I'm very proud of my small victory, but I know that a lifetime of purity involves an almost infinite amount of such agonizing battles...

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Re: OivedElokim-I'll never give up  
Posted by Vehkam - 05 Apr 2022 20:56

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As you work on this you will find that there will be battles but they will not all be agonizing.

Some of them will actually be thrilling when you realize how Far you have come and what you have accomplished

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 05 Apr 2022 22:50

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Went out for sushi (with a GYE buddy...) Looking forward to doing this again in 30 days.

Not in the best of moods today, partially due to certain events in my life but probably also due to sleep deprivation. Been going to bed very late and waking up relatively early recently. Getting out of bed is an entirely different story...

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Re: OivedElokim-I'll never give up  
Posted by Hakolhevel - 05 Apr 2022 23:18

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[OivedElokim wrote on 05 Apr 2022 17:01:](#)

[Hakolhevel wrote on 04 Apr 2022 02:15:](#)



[OivedElokim wrote on 03 Apr 2022 17:23:](#)

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Hiw did you find F2F did it help you at all?

F2F was helpful when I was doing it. I stopped for a pretty silly reason and I should probably get back at it.

The reason I ask is, the first section of f2f is about motivation. It makes the point t that if motivation is lacking, all your plans will go.out the window.

So you can have the best tools in your toolbox, even shiny new ones that Menachem gye was talking about, but if your motivation is lacking, you will eventually seek you pleasure and nit your tool.

In other words, if porn or masturbation is still more precious to you than staying clean, you can build many fences and taphsics.... eventually they will all fail.

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 06 Apr 2022 02:31

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Yeah I need to go back and do that first lesson again. At the time I think it helped with my motivation but it hasn't lasted.

Just had a close call in the shower, "started the process" and then pulled back because I didn't want to dissappoint my mentor or lose my streak. So that's your proof that counting streaks is sometimes helpful...

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Re: OivedElokim-I'll never give up

Posted by Bilaam Harasha to Yosef Hatzaddik - 06 Apr 2022 15:45

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[Hakolhevel wrote on 05 Apr 2022 23:18:](#)

In other words, if porn or masturbation is still more precious to you than staying clean, you can build many fences and taphsics.... eventually they will all fail.

That's actually really relatable and so factual. I took a vow to take vows whenever I got an urge, for a few days and so long as I remembered the vow, but when I got the urges I took very silly vows like to wait one minute before looking at anything inappropriate by using any unfiltered devices that I came across, instead of doing the appropriate thing which was to take a vow to not use the device at least until the next day and I really could've done this also. I have no idea how to change the priorities though or get that motivation, I'd appreciate it if you could give any tips here or on a separate thread since this thread isn't mine. I'll also look into the first lesson on Flight to Freedom again.

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