

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 - 17 Mar 2023 03:47

Day #1

Set myself a 30 day goal with knasos and incentives and accountability texts and all the good stuff. Feeling pretty good after being clean for just 24 hours. My goal is limited to consuming porn and any other erotic stimuli, but it wouldn't disappoint me if I also managed to abstain from masturbation over this coming month.

I've been here many times before. I've set goals, made deals with accountability partners etc. It has only worked on a handful of occasions. From a logical point of view I'm not sure what's gonna make this time different. I think it might be the overwhelming frustration I feel now more than ever, like I hit rock bottom in some sense. Hopefully that will help motivate me and push me past the finish line. Also, I'm gonna try to work on this issue not just from a practical point of view but also from a spiritual one, enlisting G-d to help me in this fault. Cause I'm not sure I can do it alone...

Thanks for reading. Please wish me luck!

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 17 Mar 2023 03:55

I just reset my 90 day tracker. I felt like it was dishonest to claim that I had over 1800 cumulative days clean when many of them were simply due to me not reporting falls. From now on I'll try to be on top of reporting falls when they happen so my cumulative days accurately represent my progress.

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 19 Mar 2023 04:29

Day #2

Thank god I managed to stay clean over Shabbos. I had serious urges to masturbate Friday night but I managed to overcome them. Even though avoiding masturbation is not officially part

of my 30 day goal, I really would like to stay clean from it as well. I'm not sure how to motivate myself to do that. To go from masturbating daily, often multiple times a day to quitting cold turkey is gonna be challenging. But I hope I can pull it off...

I'll try to come up with a plan for that with the help of my accountability partners.

Thanks for reading! Looking forward to another clean day tomorrow,

OivedElokim

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 19 Mar 2023 20:59

Day #3

No serious urges today, BH.

Had a pretty productive day so far.

This is the first time I've stayed clean for this long in at least a month, probably more. I'm so happy (giddy?) about it...

Gonna do my best to ensure that I stay clean going forward.

Made up with someone to read a chapter of the Battle of the Generation every night. Tbh I started it and did not find it terribly compelling or inspiring. But I'm desperate enough to stay clean to give it another shot.

Thanks for reading,

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by Tryharder1990 - 20 Mar 2023 02:16

That's amazing. I'm on the same journey and your strength inspires me

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 21 Mar 2023 00:47

Day #4

High stress day, feeling overwhelmed with managing my finances, my job and my learning. Did not feel successful, though I functioned well. But I'm grateful to report that I am clean, BH.

All the best,

OivedElokim

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Re: OivedElokim-I'll never give up

Posted by Eerie - 21 Mar 2023 05:23

My dear friend, I'm sorry for the difficulties. I want you to know that that last sentence literally warmed my heart. Keep trucking!

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Re: OivedElokim-I'll never give up

Posted by Emes-a-Yid - 21 Mar 2023 06:06

[OivedElokim wrote on 21 Mar 2023 00:47:](#)

Day #4

High stress day, feeling overwhelmed with managing my finances, my job and my learning. Did not feel successful, though I functioned well. But I'm grateful to report that I am clean, BH.

All the best,

OivedElokim

OE very happy to see and watch your journey these past 4 days, your an inspiration although it seems mynute, the writings of constant trying is so important and just by reading gives me hope and I would assume many others as well, I have read a lot of your situation and isn't easy, but VIYTAR is your motto, love it very much. On the side note, I'm not sure if I told you about this online book, if your still interested I think you'll love it, I really enjoyed it and I'm not as much of a reader or listener, I used audio read aloud and BH I read a lot, here's the link <http://easypeasymethod.org/easypeasy.pdf>

and here's the thread where I posted it

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/391858-Effective-Idea-to-Endeavor-Real-Change-Bz"h%21%21

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 21 Mar 2023 22:13

Day #5

Exhausted, lonely, stressed and anxious.

But I'm clean, and that's a consolation.

I'll get through this in one piece, bezras Hashem.

Looking forward to another clean day

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by Eerie - 21 Mar 2023 23:02

I'm sorry for the difficulties. My dear friend, you don't have to be so lonely! We are here for you, reach out to some caring friends, we are here to listen, lend a hand and a heart to be part of your story. Keep posting and of course, Keep it up!

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Re: OivedElokim-I'll never give up
Posted by Emes-a-Yid - 22 Mar 2023 04:30

[OivedElokim wrote on 21 Mar 2023 22:13:](#)

Day #5

Exhausted, lonely, stressed and anxious.

But I'm clean, and that's a consolation.

I'll get through this in one piece, bezras Hashem.

Looking forward to another clean day

OivedElokim

The loneliness seems to come as if your missing out on the Lo Aleinu stuff.. your not! If anything Hashem is very proud of you and your progress. The step at a time is nice because you don't get overwhelmed by the future, but at the same token maybe credit yourself for these small gains of days to help mechazek your mind for what you have done and how chashuv it is, and then the next day you will Bisyatah Dshmayah be way stronger!!

hatzlacha, I am here if you want to speak, not that I know much but if you want to talk to someone, all the best

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 22 Mar 2023 21:36

Day #6

Less stressed, still exhausted. Working on myself, my attitude towards this fight and life in general. I feel like I'm heading in the right direction, BH.

I cannot believe that I'm nearly a week clean, a feat that felt impossible several weeks ago. I've

had long streaks before, but in recent months I have rarely went a day without masturbating. So this is remarkable.

I started reading the Battle of the Generation again, liking it better then I did last time I tried reading it.

Anyways, thanks for following my journey,

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by Emes-a-Yid - 23 Mar 2023 00:42

[OivedElokim wrote on 22 Mar 2023 21:36:](#)

Day #6

Less stressed, still exhausted. Working on myself, my attitude towards this fight and life in general. I feel like I'm heading in the right direction, BH.

I cannot believe that I'm nearly a week clean, a feat that felt impossible several weeks ago. I've had long streaks before, but in recent months I have rarely went a day without masturbating. So this is remarkable.

I started reading the Battle of the Generation again, liking it better then I did last time I tried reading it.

Anyways, thanks for following my journey,

OivedElokim

Great progress.

Hatzlacha!

Happy to keep following your daily progress!!

Gishmak.

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 24 Mar 2023 04:26

Day #7

Had a rough episode last night, was inundated with sexual fantasies for a good 20-30 minutes while trying to fall asleep. I was afraid I might fall but I pulled through BH.

Went out for sushi with a GYE buddy to celebrate my clean week. We planned to reconvene for day 30. Looking forward.

Otherwise things are ok.

Thanks for reading,

OivedElokim

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