

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.

=====

Re: OivedElokim-I'll never give up

Posted by excellence - 28 Mar 2023 15:55

Your such an inspiration!! Theese feelings of contradiction exist in all human beings, it's the real me vs the fake me.

=====

====

Re: OivedElokim-I'll never give up
Posted by Sapy - 28 Mar 2023 17:01

We are all full of contradictions, as excellence wrote, a part of us wants to masturbate, and a part of us wants us to refrain. Maybe explore why that part of you feels like it must masturbate, and equally why part of you feels like you must refrain. And maybe you can find out what you would 'value', and if I may say same with emunah, the part who asks the questions, and tells you that you don't really care, what's his concern, and what does you instinct say. Perhaps an outside person would be a help.

I like you alot bro

=====

====

Re: OivedElokim-I'll never give up
Posted by Emes-a-Yid - 28 Mar 2023 18:24

[OivedElokim wrote on 28 Mar 2023 15:40:](#)

Day #12

Ok so I had multiple very close calls last night. Not gonna get graphic so as not to trigger anyone but I was seconds away from ejaculating.

I thankfully managed to get a grip but it was very difficult. That being said, I never considered breaking my contract in terms of consuming erotic content visually or otherwise.

I'm starting to feel like my defenses are weakening and my desire is growing. My internal conversation last night gave me a lot of cause for concern for the following reason: I don't have a very strong motivation to not masturbate. My emunah in Hashem and especially the Torah is quite weak at the moment, so the religious considerations don't mean that much to me (though I'm conflicted cause part of me really does care. Are you as confused as I am? Good!). In terms of future relationships, I don't think a bit of masturbation would me that damaging. What I'm left with is a desire to keep up my streak (for some reason) and to prove that I have self-control. If I

don't figure out something more compelling, I think it's only a matter of time until I fall again. And I don't want that to happen.

I realized that this post is not logically consistent because I am saying that I don't want to fall while simultaneously claiming that I don't really care if I fall. But that's how I feel, I can't really explain it...

Any advice or insight would be much appreciated. Thanks for reading!

OivedElokim

I somewhat know the idea you feel, I can't say much though, best maybe if you can have a quick few minutes with a close Rav or Ba'aleh Mussar, those such people can sit and speak out in detail and understand hopefully to the T.

I have done so, I gained closeness to the Rav (It was a first time speaking to him) and any follow up and other question regarding these questions of either polar opposite drives in me or other types of questions. It enhances us, the untrained mind and Mainly I say this because You can speak out what YOU are FACING- more practical to YOU.

(IT isn't a lecture to 20-100 people that he is speaking to you, just not as detailed because he needs to range it out based on the crowd; rather he it actually pertains to you)...

obviously do so out of your comfort, don't force yourself to ask if you aren't or not ready.

=====
=====

Re: OivedElokim-I'll never give up
Posted by 5Uu80*cdwB#^ - 28 Mar 2023 19:45

[OivedElokim wrote on 28 Mar 2023 15:40:](#)

Day #12

...

In terms of future relationships, **I don't think a bit of masturbation would me that damaging.**

...

Any advice or insight would be much appreciated. Thanks for reading!

OivedElokim

Hey OivedElokim. I beg to differ with what I bolded in your post above. Besides the halachic prohibition of masturbating (which is obvious and I'm not here to discuss right now), the problem with masturbating is that it requires you to focus your mind on a sexual fantasy and lust. And sexual fantasy and lust (besides being ????????, see Tosfos Avodah Zarah ?? ?? ???) *will* destroy one's life/marriage/relationship with Hashem/and more, maybe insidiously, maybe in a clear and quick way. This is the key realization: there is never a masturbation without a fantasy. If you don't let your mind stay on lustful thoughts, you will not masturbate.

Hatzlacha.

=====

Re: OivedElokim-I'll never give up
Posted by Eerie - 28 Mar 2023 23:32

[OivedElokim wrote on 28 Mar 2023 15:40:](#)

Day #12

Ok so I had multiple very close calls last night. Not gonna get graphic so as not to trigger anyone but I was seconds away from ejaculating.

I thankfully managed to get a grip but it was very difficult. That being said, I never considered breaking my contract in terms of consuming erotic content visually or otherwise.

I'm starting to feel like my defenses are weakening and my desire is growing. My internal conversation last night gave me a lot of cause for concern for the following reason: I don't have a very strong motivation to not masturbate. My emunah in Hashem and especially the Torah is quite weak at the moment, so the religious considerations don't mean that much to me (though I'm conflicted cause part of me really does care. Are you as confused as I am? Good!). In terms of future relationships, I don't think a bit of masturbation would me that damaging. What I'm left with is a desire to keep up my streak (for some reason) and to prove that I have self-control. If I don't figure out something more compelling, I think it's only a matter of time until I fall again. And I don't want that to happen.

I realized that this post is not logically consistent because I am saying that I don't want to fall while simultaneously claiming that I don't really care if I fall. But that's how I feel, I can't really explain it...

Any advice or insight would be much appreciated. Thanks for reading!

OivedElokim

Hi Reb G-dServer! As our friends have written above, all of us have contradictions, because we have conflicting desires. That's part of the human condition. If I may add, you wrote at the end that you are worried because you don't want to lose your motivation for being clean. Then you wrote that you're being inconsistent, because you also wrote that you don't really have a desire to stay clean. What I would think that tells you is that you definitely have a desire to stay clean, you are just not sure what is fueling that desire, you're not sure why you have that desire. Maybe you can spend some time thinking about the reason you don't want to masturbate, you might discover interesting things about yourself. And it may help you strengthen your resolve to hold strong and keep up the streak. My friend, please keep sharing your inspirational story, and keep trucking!

=====

Re: OivedElokim-I'll never give up
Posted by OivedElokim - 29 Mar 2023 02:58

[5Uu80*cdwB#^ wrote on 28 Mar 2023 19:45:](#)

[OivedElokim wrote on 28 Mar 2023 15:40:](#)

Day #12

...

In terms of future relationships, **I don't think a bit of masturbation would me that damaging.**

...

Any advice or insight would be much appreciated. Thanks for reading!

OivedElokim

Hey OivedElokim. I beg to differ with what I bolded in your post above. Besides the halachic prohibition of masturbating (which is obvious and I'm not here to discuss right now), the problem with masturbating is that it requires you to focus your mind on a sexual fantasy and lust. And sexual fantasy and lust (besides being ????????, see Tosfos Avodah Zarah ?? ?? ???) *will* destroy one's life/marriage/relationship with Hashem/and more, maybe insidiously, maybe in a clear and quick way. This is the key realization: there is never a masturbation without a fantasy. If you don't let your mind stay on lustful thoughts, you will not masturbate.

Hatzacha.

Thanks for weighing in. I take your point, will think about it. My attitude expressed above is based on the guidance I received from the great R' Hashem Help Me. Maybe he can weigh in and clarify his stance on the matter, but the way I said it is what I understood from him, and I view him as my poisek on these matters.

=====

====

Re: OivedElokim-I'll never give up

Posted by OivedElokim - 29 Mar 2023 15:33

Day #13

Don't have time for a longer post today. But I'm clean, BH.

See ya'll tomorrow,

OivedElokim

=====
=====

Re: OivedElokim-I'll never give up
Posted by Emes-a-Yid - 29 Mar 2023 19:41

[OivedElokim wrote on 29 Mar 2023 15:33:](#)

Day #13

Don't have time for a longer post today. But I'm clean, BH.

See ya'll tomorrow,

OivedElokim

One more day till 2 weeks...!!! Incredible keep it up

=====
=====

Re: OivedElokim-I'll never give up
Posted by dim12 - 29 Mar 2023 20:15

Bh keep it up

=====
=====

Re: OivedElokim-I'll never give up
Posted by excellence - 30 Mar 2023 08:33

Well done my friend,

Just one point: You mentioned above that numerous time you were seconds away from masturbation. I used to do that the whole time. Sometimes i succeeded and many times I fell. Withdrawing at that point is insanely difficult. For me it became a game changer to have an accountability partner for every time I touched my eiver, that way I could no longer allow myself to get to the stage you are describing....

=====

Re: OivedElokim-I'll never give up
Posted by chancy - 30 Mar 2023 16:49

[OivedElokim wrote on 27 Mar 2023 13:59:](#)

[??? ???? ???? ??? wrote on 27 Mar 2023 12:50:](#)

I've been struggling the last week. Your progress has inspired me today. Thanks, OivedElokim.

Thank you so much, I really appreciate that you shared that. It helps make my journey feel meaningful and worth it.

I wish you much success in your own struggles. May Hashem grant you clarity and motivation to pursue the goals that really matter, and may he allow you to enjoy the ride.

All the best,

OivedElokim

Hi Reb Oived,

There is one aspect that i haven't seen mentioned here.

One of my main reasons to stop falling with P and M was and is simply so as to not be addicted! I want to be free, andi will not have a small part of my brain control me! When you think o about it, you will realize that im right.

Imagine sitting somewhere with friends or family and having a good time, when all of a sudden someone catches your eye, and thats it, you cant think of anything else because you are being controlled! All you want now is to float away into fantasy land or to M or watch P to make the feeling stronger. Thats as addiction, and i dont want to be addicted to anything! I started drinking a bit of alcohol on shabbos, but I refuse to touch it during the week, I DO NOT WANT TO GET ADDICTED! Same thing with any addiction. Be free to live the life you want, and being addicted is not being free.

I think you should think about this motivation, as its very powerful and has nothing to do with religion really or relationships, ITS ABOUT YOU!

I want to walk on the street without having to turn around to look at everything, i want to go weeks without having any impure thoughts, I want to be holy and pure because i like that feeling! Thats it!

Good luck

=====

Re: OivedElokim-I'll never give up

Posted by OivedElokim - 31 Mar 2023 00:39

Day #14

I flew home (I still call my parents home home, probably will till I get married...) yesterday, will be here for a couple weeks. Very happy with the change of scenery, I really needed this break from my routine. Spoke to a new GYE friend on the phone while in the airport, really enjoyed it. You can really meet great people on here...

Anyways I didn't have many struggles today or yesterday, besides a brief one in bed. Generally I have a much easier time staying clean "bein hazmanim", which I know is probably unusual, for reasons I will not get into. I'll just say that I feel like I'm gonna be on "cruise mode" for the next few weeks. Of course I'm still gonna stay on top of my game, but it'll be easier, IYH.

Anyways thanks for reading, all the best!

OivedElokim

=====

Re: OivedElokim-I'll never give up
Posted by OivedElokim - 31 Mar 2023 22:43

Day #15

Clean, BH.

Good Shabbos!

OivedElokim

=====

Re: OivedElokim-I'll never give up
Posted by OivedElokim - 02 Apr 2023 01:58

Day #16

Gut voch.

Had a few urges over Shabbos but nothing too intense, BH.

All the best,

OivedElokim

=====

=====