

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 - 03 Apr 2023 22:39

Day #18

Clean BH.

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 03 Apr 2023 22:54

Just got really triggered right now, I feel like I'm about to fall. Posting for accountability... God help me!

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Re: OivedElokim-I'll never give up
Posted by Face the challenge - 03 Apr 2023 23:21

you got this!! keep on pushing through! be'ezrat hashem you will make it through now and you will continue overcoming your struggles!!!

ftc

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Re: OivedElokim-I'll never give up
Posted by Emes-a-Yid - 03 Apr 2023 23:51

[OivedElokim wrote on 03 Apr 2023 22:54:](#)

Just got really triggered right now, I feel like I'm about to fall. Posting for accountability... God help me!

Hey OivedElokim, keep up ur streak- ur doing great!

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 04 Apr 2023 00:16

Sorry to report that I fell. I put up a hard fight but I ultimately gave in to my basest instincts. BH I'm still clean from porn and will be keeping track of that Cheshbon separately, even though I'm gonna reset my counter.

My only takeaway is that I don't have a strong enough "why" for avoiding masturbation. My main motivation lately was building up my streak, if I'm gonna be honest. I wasn't doing it for spiritual reasons, and my success didn't give me any spiritual enlightenment or satisfaction. I guess on a human level it felt good to be in control of myself but that's about it.

If I want any hope of permanently cutting masturbation out of my life, I'm gonna need to come up with a very compelling reason to do that. Because it's really pleasurable and is a great release and doesn't harm anyone, at least discernibly.

All the best,

OivedElokim

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Re: OivedElokim-I'll never give up

Posted by Sapy - 04 Apr 2023 03:48

Brother I'm sorry for your fall, I hope you feel okay.

Maybe the question is opposite, why do we need masturbation in our life? If I cannot control it, why is it sooo important to us? What does it really give us? Pleasure, it's hard for me to believe that pleasure can control us, as if our lives depends on it and we lose our control over it. For me the honest answer was more.

Maybe write an honest letter to masturbation and thank him for what he really gives to you, it might give you some insight why it's so powerful.

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Re: OivedElokim-I'll never give up
Posted by chancy - 04 Apr 2023 16:16

I think you should re-read this post. This could be a game changer if you are willing to think about it for a few minutes.

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

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 04 Apr 2023 20:25

[chancy wrote on 04 Apr 2023 16:16:](#)

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Good luck

Sorry but I don't find this idea very compelling. Assuming that masturbation can ever be classified as an addiction, there's nothing wrong with having an addiction unless it interferes with your ability to live your life, which is generally not the case with me. That's obviously without bringing religion into the picture, which I am purposely not doing, because I don't currently find religious considerations to be motivating for me at this point. I hope that changes soon.

Anyways thanks for weighing in,

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by frank.lee - 05 Apr 2023 14:30

I beg to differ. You don't want to be under the control of any addiction. Even if it is intrinsically benign.

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 06 Apr 2023 00:29

Day 1

A GYE friend challenged me to stay clean till Chok Hamoed, and I accepted. So after two days of falling (just masturbation, no porn bh) I'm officially back on my horse.

A kosher un freilechen Pesach!

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by Emes-a-Yid - 09 Apr 2023 04:16

[OivedElokim wrote on 04 Apr 2023 20:25:](#)

[chancy wrote on 04 Apr 2023 16:16:](#)

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OivedElokim

I don't get it OE, but do you I guess, bhatzlacha in reaching your goals

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 09 Apr 2023 19:43

[frank.lee wrote on 05 Apr 2023 14:30:](#)

I beg to differ. You don't want to be under the control of any addiction. Even if it is intrinsically benign.

This is a futile argument. If this mehalech works for you-amazing! That doesn't mean it'll work for me, as my experience has shown. Therefore it is not productive to keep repeating the same things to me in the hopes that I'll finally see the light. Again, thank you all for sharing your perspective, but the search is still on for a mehalech that works for me.

A gut moed,

OivedElokim

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Re: OivedElokim-I'll never give up

Posted by Hakolhevel - 09 Apr 2023 23:33

[OivedElokim wrote on 04 Apr 2023 00:16:](#)

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All the best,

OivedElokim

Am I to infer that you have a good motivation for staying away from porn? If yes what is it?

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Re: OivedElokim-I'll never give up
Posted by Emes-a-Yid - 10 Apr 2023 01:18

[OivedElokim wrote on 09 Apr 2023 19:43:](#)

[frank.lee wrote on 05 Apr 2023 14:30:](#)

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A gut moed,

OivedElokim

OE, gishmak to hold to onto your mehalech! I see you are passionate in your drive, I don't have the entire back and forth of the other mehalech and as to why it isn't for you, but I also for a sec felt like explaining it to you otherwise and I see you held your ground,

listen - I am not a ba'al eytzah but I sense you are driven and working to aiming and achieving it entirely although different paths, to some different may seem bad or off, but to you if that what it takes to get you there and achieve it all legamry one day, I would say so be it!!

The drive and fire I hear from you although through some text, but it is so encouraging and energetic to see, and with that I feel you will be able to achieve it all, just a matter of time. The determination and drive is amazing!

Keep it up OE!!

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