

Square one

Posted by Looking_to_improve - 28 Feb 2021 22:41

Thread 3

Day 0

Restarting from square one

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Re: Square one

Posted by #makelifegreatagain - 15 Apr 2021 22:32

Thats something you might honestly have to ask yourself, but in my opinion : Yes! You're still updating us on this site. You're being completely honest with how you're doing so we can try to help you. Speaking of helping, I have something you can try. I saw a post of yours recently where you said you might mb later. That tells me that you can figure out ahead of time if you're going to fall or not. If that's true, use that to your advantage! If you think you might fall later start coming up with ideas to avoid it. It could be simple things: going out for a quick walk, talking with some friends, avoiding the internet as much as you can etc. Basically, keep yourself as far from falling as possible. I know you've gotten lots of different pieces of advice and maybe you're wondering if it's even worth it to try this one. I'll be honest with you: I don't know. But I do know that you're a true tzaddik who will never give up. You'll take every piece of advice and try it because you never know, that piece of advice could be the last piece of advice you'll ever need. Maybe it doesn't feel like you're putting in the effort right now, and that's OK. Now is your chance to prove to yourself that you are putting in the effort and that you'll never give up. You're always looking to improve! Good luck with everything. You honestly inspire me every time you fall and get back up. I wish I had as much willpower as you do. Take care!

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Re: Square one

Posted by Looking_to_improve - 16 Apr 2021 11:11

Fell again this morning...

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Re: Square one

Posted by Looking_to_improve - 18 Apr 2021 22:27

Was about to go masturbate, I found an image that made it through my filter.

I messaged my filter company to block the picture, and I'm going to lock my phone for the night after I finish writing this post.

Its taking a lot of willpower to not act out now

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Re: Square one

Posted by Zedj - 18 Apr 2021 22:37

Not easy to do especially once the eyes see the heart wants.

Keep going strong.

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Re: Square one

Posted by Zedj - 18 Apr 2021 22:40

[Looking_to_improve wrote on 15 Apr 2021 22:06:](#)

Am I even putting any effort into this anymore?

I think we can say that it seems like you are!

You got this. Give yourself a high five cuz you deserve it.

much hatzlocha!

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Re: Square one

Posted by Looking_to_improve - 19 Apr 2021 11:33

BH I didn't masturbate last night, but I didn't feel good after holding back. I went to the bathroom a few mins later and made an asher yoztar with a lot of cavono

Warning: Spoiler!

Despite the fact I didn't masturbate, I felt a bit down anyway. I felt a bit frustrated that I'm dealing with this and still struggling to break out of it. Recently I don't feel so guilty when I act out, but I had similar feelings last night even though I didn't.

I haven't given a food description of how I felt, but I'm just surprised that I didn't feel more happy about overcoming a nisoyon for the first time in a while

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Re: Square one

Posted by Looking_to_improve - 19 Apr 2021 11:39

[Zedj wrote on 18 Apr 2021 22:40:](#)

[Looking to improve wrote on 15 Apr 2021 22:06:](#)

Am I even putting any effort into this anymore?

I think we can say that it seems like you are!

You got this. Give yourself a high five cuz you deserve it.

much hatzlocha!

I think I'm going to have to disagree(except last night). A one line post every day is barely putting in much effort, and I've been falling at the first hurdle for a while. I don't think I've tried to change much recently that's had a positive impact on my fight. Even though I changed my filter, I've still masturbated since I got it, albeit with images that are less worse than what I could see before. It's the same me, and I keep on going back to *square one*

Maybe you guys might want to disagree, but I haven't seen any fruits of this supposed labour that I've put in

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Re: Square one
Posted by thetimeisnow! - 19 Apr 2021 12:45

Have you tried using the taphsic method?

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Re: Square one
Posted by Looking_to_improve - 19 Apr 2021 15:32

[thetimeisnow! wrote on 19 Apr 2021 12:45:](#)

Have you tried using the taphsic method?

No, do you have any suggestions for the knas, I don't want to use money (although I guess that's the point of it)

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Re: Square one

Posted by thetimeisnow! - 19 Apr 2021 16:35

For me, I know that I hate running. So, if I do certain things I make myself go on a run. How long I run depends on what thing I do. For example, wasting seed/pornography is a two mile run, sleeping in is a half mile run for every 15 minutes past my alarm. Using my phone past a certain time at night or before praying and studying in the morning is a mile run. What you should use for the knas depends and on what you hate the most. Just make sure that it is something that is possible for you to do.

What things do you hate to do, but that you also *could* do if you had to?

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Re: Square one

Posted by HappyYid - 19 Apr 2021 16:44

[Looking_to_improve wrote on 19 Apr 2021 15:32:](#)

[thetimeisnow! wrote on 19 Apr 2021 12:45:](#)

Have you tried using the taphsic method?

No, do you have any suggestions for the knas, I don't want to use money (although I guess that's the point of it)

Check out the different ideas GYE offered...

<https://guardyoureyes.com/tools/taphsic-method?onepage=1>

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Re: Square one

Posted by Looking_to_improve - 19 Apr 2021 21:32

Day 4

BH clean, still not feeling so positive about my struggle. Not sure I have what it takes to be clean long term

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Re: Square one
Posted by thetimeisnow! - 19 Apr 2021 23:50

I had the same thought a few months ago. I couldn't make it more than three days. Yet, I kept trying and trying and trying, and I started to be able to make it 4 days, then 5, then 6, then 7, then two weeks, then a month. I am working on going longer than a month right now. You can do this, it just requires work!

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Re: Square one
Posted by Looking_to_improve - 20 Apr 2021 21:28

Day 5

Clean bH

Despite feeling negative over the last few days, I feel like maybe I can make this a long streak beH.

Warning: Spoiler!

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