

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 Looking_to_improve - 18 May 2021 20:58

BH I think it's passed

Day 33

BH clean

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Re: Square one

Posted by Looking_to_improve - 19 May 2021 12:16

Been feeling a bit more 'on edge' today I think I had a dream about acting out last night, and I've been thinking about certain things last night and today, so maybe that's why it's on my mind today (to be honest it doesn't matter why it's on my mind, but I just need to deal with whatever hand I'm given)

I can now appreciate the menuchas hanefesh I've had over the last ~30 days, it's barely been on my mind at all for a while, which I'm very grateful to HKB"H for.

Will try to keep you all updated

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Re: Square one

Posted by Hashem Help Me - 19 May 2021 14:47

As you move back to a regular routine post Yom Tov, iyh things will quiet down...

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Re: Square one

Posted by Looking_to_improve - 19 May 2021 20:43

Day 34

BH clean today, despite having a low level urge for some of today

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Re: Square one

Posted by EvedHashem1836 - 20 May 2021 03:32

I think I had a dream about acting out last night

Been there. Waking up and being like what just happened. Don't worry about it and just do your best to keep moving forward

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Re: Square one

Posted by Looking_to_improve - 20 May 2021 12:54

Been having a lot of thoughts about girls I know, family friends etc. I need to try catch myself when my mind goes into these thoughts and topics, it's not conducive to staying clean when I get caught up in thoughts and fantasies

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Re: Square one

Posted by Looking_to_improve - 20 May 2021 15:12

Feeling a bit weak now, and have an urge to masturbate.

I would likely masturbate now if I knew I could see something (not only porn).

Going to go learn some more now, counting down the minutes until dinner because I need a energy boost and don't have any food with me right now

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Re: Square one

Posted by Looking_to_improve - 20 May 2021 16:38

Had a solid hour of learning and dinner is now BH

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Re: Square one

Posted by Looking_to_improve - 20 May 2021 20:23

Day 35

5 weeks clean bH

Possibly the hardest day so far in this is streak, but BH didn't act out this afternoon, and actually managed to learn well just after the urge was at it worst

I can see that the urge to masturbate was lower today than in the past, maybe because I've been staying cleaner for longer, or perhaps because I have a reliable filter and don't have any access to anything negative. It does get easier

Overall it was a successful day BH

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Re: Square one

Posted by Snowflake - 20 May 2021 23:16

I just went through your other threads.

I just wanted to say you're an inspiration for not giving up and please keep trucking and posting.

If you had 500+ days in the past, you've more than shown you can absolutely make it.

Bad days come, but they go away too. They don't stay long, hopefully.

Do you have real life friends you can call? Or from GYE for that matter.

Any form of social contact is always a very good relief.

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Re: Square one

Posted by Looking_to_improve - 21 May 2021 04:18

[Snowflake wrote on 20 May 2021 23:16:](#)

I just went through your other threads.

I just wanted to say you're an inspiration for not giving up and please keep trucking and posting.

If you had 500+ days in the past, you've more than shown you can absolutely make it.

Thank you I appreciate it. (The 500 weren't consecutive, I still haven't gone above 68 days in one consecutive streak)

Bad days come, but they go away too. They don't stay long, hopefully.

Do you have real life friends you can call? Or from GYE for that matter.

I have one or 2 guys from GYE who I'm in contact with. It's not always so convenient to call because we're in different countries. I've spoken to one real life friend about this recently, although I don't really give him updates when I struggle etc,

Any form of social contact is always a very good relief.

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Re: Square one
Posted by Looking_to_improve - 22 May 2021 23:08

Day 37

Clean over shabbos BH

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Re: Square one
Posted by Looking_to_improve - 23 May 2021 15:09

Feeling a small urge now, I have a zoom shiur for 45 mins now, will update afterwards, sometimes being in a zoom shiur compounds the issue, so I'll need to be on guard

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Re: Square one
Posted by Looking_to_improve - 23 May 2021 15:59

Feeling pretty much back to normal now BH. I don't always prepare for this shiur, but it definitely was worthwhile preparing today, it's easier to forget about an urge when you can follow the shiur

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