

**NEW THREAD**

Posted by thetimeisnow! - 30 Mar 2021 01:55

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This time I'm going to do it. I fell over the Yom Tov since I had no one to talk to and motivate me so that was hard.

But I am very motivated now!

Had to go back to base camp (17,900 ft) because of altitude sickness but I have loaded up with more oxygen and am ready to fight to the top once more![https://lh3.googleusercontent.com/proxy/Ea2wAHF6zB3d4cAoqCM5eMMwvHR3j9x4QaOc8FD4vJnK0rEO4r\\_i4\\_JMLIqHP1zhB7f488f1j-LChEO6Nzs60I5Foelz4-jJ9R2oU9PGM3LIJf76lltIwAQ7svWEDO8aAaxE-0Wdig](https://lh3.googleusercontent.com/proxy/Ea2wAHF6zB3d4cAoqCM5eMMwvHR3j9x4QaOc8FD4vJnK0rEO4r_i4_JMLIqHP1zhB7f488f1j-LChEO6Nzs60I5Foelz4-jJ9R2oU9PGM3LIJf76lltIwAQ7svWEDO8aAaxE-0Wdig)

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**Re: NEW THREAD**

Posted by thetimeisnow! - 05 Apr 2021 19:05

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Thanks haha, it has worked great for me! I was originally going to put up pictures of Tzaddikim but I couldn't get access to a printer, so instead I covered my room in motivational handwritten

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**Re: NEW THREAD**

Posted by thetimeisnow! - 06 Apr 2021 20:10

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Day 10 BH

"Surely, this Instruction which I enjoin upon you this day is not too baffling for you, nor is it beyond reach.

It is not in the heavens, that you should say, "Who among us can go up to the heavens and get it for us and impart it to us, that we may observe it?"

Neither is it beyond the sea, that you should say, "Who among us can cross to the other side of the sea and get it for us and impart it to us, that we may observe it?"

No, the thing is very close to you, in your mouth and in your heart, to observe it.

See, I set before you this day life and prosperity, death and adversity."

Devarim 30:11-15

Hashem wouldn't give us a test we couldn't pass.

YOU can do this!

Can't wait for this to be behind me

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Re: NEW THREAD

Posted by thetimeisnow! - 08 Apr 2021 13:55

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Day 12 BH

I am very surprised how few urges I've had so far. Not to jump the gun, but this time around as been...eerily easy. I hope the YH isn't waiting for me around the corner...

On the other hand, maybe my no tolerance strategy is working. Basically that means that I try my best not to look or touch down there, and I do everything possible to switch the topic in my mind when something immodest pops in there. Its hard work and annoying, but I think it is starting to pay off.

Also, this is day 80 for me from pornography so that is cool. Know that it is possible! I never thought I could break free from those websites, but here I am!

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Re: NEW THREAD

Posted by HappyYid - 08 Apr 2021 14:09

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[thetimeisnow! wrote on 08 Apr 2021 13:55:](#)

.... I hope the YH isn't waiting for me around the corner...

I can't say he definitely is, but I could say that he probably is...just be prepared.

Very impressive about the no porn for 80 days!

Great job!

Keep it up!

Btw what happened with your geirus?

Are you part of klal Yisroel yet? It sounds funny writing that to someone, not sure why, I guess I ...

HappyYid

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don't deal with geirim too often

Re: NEW THREAD

Posted by thetimeisnow! - 08 Apr 2021 15:47

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I have many fences in place to fight the YH so BH I will be successful.

As for quitting porn, at a certain point I became so attached to the timer on my phone that counted the hours since I had last watched anything immodest that I actually became afraid to watch porn (however, I still have urges, its just that I am able to overcome them much easier now that I can see how long I can go without it).

My geirus are still in place, if you want I can send a copy of them to you!

thetimeisnow!

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Re: NEW THREAD

Posted by EvedHashem1836 - 09 Apr 2021 03:46

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Very very impressive stuff geirus

For most people the YH is def there just depending on how far in a lot of people find that the hardest stretch is around days 25-40

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Re: NEW THREAD

Posted by thetimeisnow! - 09 Apr 2021 13:58

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It totally is worth the effort

My YH knocked on the door yesterday and I had an absolutely huge urge. However, I reminded myself that Hashem would be watching me if I sinned, and that was very embarrassing to think about, so I ultimately was able to make it through.

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Re: NEW THREAD

Posted by DavidT - 09 Apr 2021 14:15

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[thetimeisnow! wrote on 09 Apr 2021 13:58:](#)

It totally is worth the effort

My YH knocked on the door yesterday and I had an absolutely huge urge. However, I reminded myself that Hashem would be watching me if I sinned, and that was very embarrassing to think about, so I ultimately was able to make it through.

This is very inspiring. Classic example of true Yiras Shamayim.

?Some people claim that they are powerless to stay clean (I'm not trying to tear down the concept of powerless in the 12 step program) but if a person would stand right near them they wouldn't sin then...

Imagine hidden cameras monitoring your progress through life. The whole world is watching. People cheer when you succeed and boo when you fail.

With all those people staring, won't you be careful with every move? Won't your motivation to succeed increase tremendously?

Walk with a constant awareness of Hashem. Fear of Hashem gives you full freedom. Nothing will stand in your way. The dog is insignificant compared to fear of Hashem. You just push right ahead. You're free from all other fears. You have turned yourself into a pure conduit for the will of Hashem.

The Talmud says: "Everything is in the hands of heaven – except for fear of God." Fear of God is completely up to us. If you want it, you've got it.

But there's a question on this point. In our daily prayers we say, *vi'ti'tain lanu chaim she'yesh bahem yirat shamayim v'yirat chet*. We specifically ask the Almighty to give us "fear of God." But if "fear of God" is in our hands, why do we ask God to give it?

The answer is that everything, of course, depends on the Almighty. We can't lift a finger without God. With most things, you can yearn deeply and still not attain it. You can desire to be a millionaire so badly that you work 80 hours a week and stand on your head – and you can still die a pauper.

But fear of God is different. It's the only thing that, "if you really want it, you've got it." With everything else, God may evaluate that your request is not good for you. But fear of God is the one thing the Almighty won't withhold if you truly desire it, because it's the one thing that always brings you into reality. It's always good for you.

**If you really want it, it's yours.**

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Re: NEW THREAD

Posted by thetimeisnow! - 09 Apr 2021 18:17

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Wow. Very well said!

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Re: NEW THREAD

Posted by thetimeisnow! - 11 Apr 2021 01:46

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So, I fell again on Friday. I made it two weeks but that just isn't going to cut it.

I was doing really well actually, I was suppressing really strong urges in the days leading up to my fall, and I constantly thought of Hashem watching me every second of my life.

Then Friday came, and in the evening, I got into a very triggering situation. I started to act out and actually felt so terrible about it that I stopped before...you know.

But because I had started acting out, the urge only got worse and started interfering with my thought process, and I eventually did act out later that evening. I felt so terrible after, like I knew I would, and still feel a great sense of shame because I knew that Hashem was watching me the whole time.

However, I don't feel depressed. If anything, I feel a greater sense of urgency to finish this once and for all. I *know* I can do this.

Being on a university campus hasn't been helping though. There is so much immodesty everywhere, especially since it has been getting warmer, that I can't even leave my building for ten seconds to walk to the deli without accidentally looking at half naked people. It really is a shame the way people dress nowadays...I practically have to look directly at the ground wherever I go because it is just that bad. So yeah that doesn't help.

If there is anything to be proud about in this situation, it is that I again made the conscious decision to not watch pornography when I acted out. Currently standing at 82 days BH.

Anyway, I know I must try again - I am eager to try again. The time is now to make a change for the better.

Shavua Tov everyone, I will continue to try and post every day.

thetimeisnow!

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Re: NEW THREAD

Posted by EvedHashem1836 - 11 Apr 2021 02:16

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love your attitude

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Re: NEW THREAD

Posted by thetimeisnow! - 13 Apr 2021 19:45

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Day 3 BH

I usually don't have urges this early in the attempt, it usually starts around 8 or 9 days. But this time for some reason I am having them. They aren't that bad, but they are constantly there for some reason even though I have no intention to act on them.

In fact, I'm terrified of even looking down there, let alone touching anything I shouldn't be, because I wrote on my contract with Hashem that the second I purposefully touch or look at my



member, I am then on obligated to run five miles within the next 24 hours.

Five miles is doable for me (I found that out after my last fall), but incredibly difficult. I did it all in one run and I must have lost a pound or two of sweat. The point is that while it is doable for me, I remember how much it sucked, and I definitely don't want to have to do it again. So even if I have an urge, there is absolutely no way I am going to act on it...hopefully lol. (I have a condition that if I forget that I will have to run--which negates the purpose of the contract in the first place--I won't have to).

Anyway, this specific deterrent seems to work well for me because I really hate running. So BH

thetimeisnow!

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Re: NEW THREAD

Posted by Striving Avreich - 13 Apr 2021 20:36

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Great to hear!

What is the finish line?  
this will carry me to the finish line

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Re: NEW THREAD

Posted by thetimeisnow! - 13 Apr 2021 21:21

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Hopefully I 90 days haha

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