

It makes me feel alone

Posted by Thaicares - 26 Apr 2021 01:41

Hello everyone

My goal is to quit both masturbation and porn. I only really masturbate when I look. I also need to quit smoking which I've mostly replaced with vaping which I also need to quit! It's been a real struggle. I was doing pretty well until covid which made it harder. I was also doing well even with shmirat einayim until I started my current job cleaning pools. Now all the neighborhoods I drove through have many joggers which distract me, I often look away even quickly but ultimately they first catch my eye. Reasons- I am trying to get married right now- We have two boys from her previous marriage that I want to be better influences to- it is causing problems hiding this from my fiance- it is distracting me from successes in life- it's taking a real toll on my overall mental health Thank you for the help you are providing!

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Re: It makes me feel alone

Posted by EvedHashem1836 - 26 Apr 2021 01:48

Best of luck!

Sounds like you got a lot on your plate I'm not an expert but it might be better to quit vaping and masturbation one at a time to make it more manageable (both hard enough alone) if you do both at the same time you might not make any headway in either one. Again probably depends on the person and I'm not advising just throwing that out there

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Re: It makes me feel alone

Posted by HappyYid - 26 Apr 2021 01:54

Welcome!

Good luck on your journey!

Keep us updated.

Did you check out the [GYE handbook](#) yet? It was very helpful for me.

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Re: It makes me feel alone

Posted by Captain - 26 Apr 2021 13:27

Welcome! Please check out the free resources below in my signature. Also you might want to sign up for the GYE Daily Boost.

Hatzlocha!

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Re: It makes me feel alone

Posted by Thaicares - 29 Apr 2021 00:53

I had a slip up a couple days back, Monday night. I know why, I was up late at night and not sleeping. Sadly and oddly I was up in a zoom room hosted by a Rabbi, he had left but left the room open for conversation. The conversation was good and I enjoyed it. Nothing wrong or taboo but staying up so late was a mistake. I plan to correct this in small ways. Being more active here!

I have 2 mentors now so I'm excited to start engaging with them more I hope that helps.

Also I'm now 2 days clean since the slip up

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Re: It makes me feel alone

Posted by Thaicares - 30 Apr 2021 01:09

Today I had a struggle but I pulled through and didn't succumb. I have a Facebook account and often get friends request from fake accounts pretending to be women but are just porn pushers,

I started down that rabbit hole but didn't let myself get sucked in. Felt good to fight and win that.

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Re: It makes me feel alone

Posted by HappyYid - 30 Apr 2021 01:29

[Thaicares wrote on 30 Apr 2021 01:09:](#)

Today I had a struggle but I pulled through and didn't succumb. I have a Facebook account and often get friends request from fake accounts pretending to be women but are just porn pushers, I started down that rabbit hole but didn't let myself get sucked in. Felt good to fight and win that.

I'm sure it took alot of strength to stop before it got too late.

Great job!

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Re: It makes me feel alone

Posted by Thaicares - 03 May 2021 18:48

I had a fall double time, a difference in my work week, alone time, and change of location all led to way too comfortable situation to masturbate, two days in a row. Something about yesterday and today not having the same issue is inspiring. I think shifts are happening, I'm getting stronger even though I fall? I don't know but I pray HaShem will give me all the strength I need!

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