

Journey to feeling whole again

Posted by Arch57 - 28 Apr 2021 15:40

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Starting the 90-day challenge today. I've been struggling for about 8 years now. Up until about January 2020 I managed to lead a completely normal life despite it. I always got done what I needed to get done with, I had a great group of friends, I felt like I was still growing as a person. Of course I had guilt, but I didn't really let it get in the way of my pursuit of meaning. Because of this, I never really took the time to address it and I basically thought that I could get away with doing it for the rest of my life. But 2019/2020 was my last year of university, so after the winter break of that year, I had to complete a lengthy individual project. I was terrified of it, so instead of facing up to it, I indulged and indulged and indulged, not just in porn/masturbation but also in food, sleep, etc. By the time the year was over I managed to scrape getting the project done but I was pretty low on confidence and felt pretty lonely. Unfortunately, since then I have started another course and until February 2021 I pretty much fell back into those habits. I felt pretty hopeless. I told my Dad about my struggles and he put filters on the internet and I got a filter on my laptop (I already had one on my phone). I've made a bit of progress in my struggles over the past couple months but more than that it's been really mentally challenging and at the moment I'm feeling quite low and lonely. I hope with this 90 day challenge I can get rid of not only my temptation struggles but also the negative emotions that I've been having. I know you can't get rid of them completely and that they are a necessary part of life but at the moment I'm a bit overwhelmed by them and I'm learning how to deal with them. Anyway, that's enough venting, now onto the work... Thanks for hearing me out.

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Re: Journey to feeling whole again

Posted by HappyYid - 28 Apr 2021 16:25

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Hey Arch57, welcome!

Very impressive that you told your dad about your struggles, I didn't have the courage to do that.

Keep us updated and stay connected, it does wonders.

Good luck on your new journey! Just remember it's 'one day at a time'.

HappyYid

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Re: Journey to feeling whole again

Posted by EvedHashem1836 - 29 Apr 2021 01:42

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Welcome! I believe statistically a lot of the people who break free and complete the 90 days post a lot on the forum (I personally find it very helpful) so definitely try to do that!

Besides for that I'll steal Captain's line and say that other great resources are ["The Fight"](#) (excellent podcast by Rabbi Shafier from The Shmuz which talks about this) and ["The Battle of the Generation"](#) (free eBook or paid book from amazon which talks about this too)

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