

Giving a Genuine Try

Posted by omekhadavar - 26 Oct 2021 14:12

Hi everyone,

This is my first time posting here. I'm going to try and keep it up. The goal is to get to 90 days for the first time. Currently, this is my third day clean. I don't have an issue with pornography, I rarely view it. However, I do have an issue with being mz"l, which is usually caused by seeing inappropriate pictures etc.

I've been thinking of ways to remove triggers. I plan on purchasing a basic phone soon, so I hope that will remove help in removing many triggers. Also, I currently have web chaver on my computer, but I plan on getting a filter as well, so I don't see any triggers by accident. Another one of my main problems is when I'm not occupied and end up surfing the web. This almost always leading to me being mz"l when no one is around. I would like to make a neder for at least 20 days not to use the internet unnecessarily, but I'm not sure how to phrase it. Advice would be appreciated.

-Dvar Ha'emek

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Re: Giving a Genuine Try

Posted by omekhadavar - 20 Jan 2022 05:14

Day #10

Today went really well. No urges. Still in the pink cloud...

Had the opportunity to finalize my plan and get ready for the tougher days.

Signing off for the night,

-Dvar Ha'emek

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Re: Giving a Genuine Try

Posted by joetyh - 20 Jan 2022 08:15

wow just read thru your thread you are a fighter!!!!!!! listen You kept on mentioning that you

came late to shachris or seder and stressing out about it. Achi obviously in the perfect world we would be up 7:15 every morning to take a quick jog b4 shachris and we would be sitting waiting for our chavrusa 5 minutes b4 seder but we aint perfect and thats ok!!! If we were perfect we wouldnt be in this world, this world is made to try to reach shleimus (sort of perfection). You gotta stop beating yourself up for not being that perfect picture Rabbeim like to paint. You should strive to get there but you may not get there and that OK!!!!!!!!!!!!!! keep it up my man!!!!

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Re: Giving a Genuine Try
Posted by omekhadavar - 23 Jan 2022 04:38

Just finished Lesson 6 in the Flight For Freedom. Feeling a little lost honestly, anyone else complete that lesson?

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Re: Giving a Genuine Try
Posted by omekhadavar - 24 Jan 2022 05:13

Day #14

I woke up today feeling very tired. Did not have a good night's sleep for some reason. This triggered me throughout the day since I had no energy to fight, but I somehow made it through. Seems like the pink cloud has finally faded...

Signing off for the night,

-Dvar Ha'emek

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Re: Giving a Genuine Try
Posted by Hashem Help Me - 25 Jan 2022 12:13

[omekhadavar wrote on 24 Jan 2022 05:13:](#)

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Another proof that these urges are not "real" and are very temporary. With a little patience, they fade... Never panic from an urge or trigger.

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Re: Giving a Genuine Try
Posted by bego - 25 Jan 2022 14:21

[Hashem Help Me wrote on 25 Jan 2022 12:13:](#)

[omekhadavar wrote on 24 Jan 2022 05:13:](#)

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Hiya HHE

I've never really understood what you mean by this. If my urge is real, it is real. If I fail to withstand it, then it was real, meaning it was powerful enough to make me abandon my logical reality. To say it isn't real seems, to me, to be illogical as it tries to use logic to fight a purely emotional fight.

An example from my own life.

I nearly killed myself about six years ago. We don't need to go into how nearly, but suffice it to say I thought my wife and kids would be better off without me. It was a pathetic piece of logic. As logic, it failed on all levels. But emotionally, it made perfect sense. So too with masturbation. If I need it, I need it. Now it's true it doesn't make sense, but in the moment, I just don't see how that helps?

Perhaps you can elaborate?

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Re: Giving a Genuine Try
Posted by Trouble - 25 Jan 2022 14:32

[bego wrote on 25 Jan 2022 14:21:](#)

[Hashem Help Me wrote on 25 Jan 2022 12:13:](#)

[omekhadavar wrote on 24 Jan 2022 05:13:](#)

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it's a type of logic that is prevalent in the orthodox community, sadly. it's a type of brainwashing. similar to nathan, the spokesman from new orleans: michael wants to remain with the community, michael wants to be back with his wife and children, michael needs his community, despite his struggles now, we know what michael truly wants.

now, regarding the masturbation urge, i would say: it is real, breathe thru it, use other tools, for although the urge is strong (and, at times, can be overwhelming and all-too-powerful), you can get to the other side - it has happened before.

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Re: Giving a Genuine Try
Posted by bego - 25 Jan 2022 14:36

[Trouble wrote on 25 Jan 2022 14:32:](#)

[bego wrote on 25 Jan 2022 14:21:](#)

[Hashem Help Me wrote on 25 Jan 2022 12:13:](#)

[omekhadavar wrote on 24 Jan 2022 05:13:](#)

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Thanks, I've never been one for brain washing, especially not to myself! I'm more known for free thinking, which has it's downsides as well.

Yes, i think when you've been clean for a while, you forget how to fight. Like a warrior that has got fat and doesn't recall how to grab his weapons. he also doesn't even recognise a challenge from an enemy. Thinks the enemy is just playing games, until he realises, too late, that the sword is sharp.

As you say, deep breathing...

HHE - would still be glad to hear your view?

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Re: Giving a Genuine Try
Posted by i-man - 25 Jan 2022 19:01

Bego, How do you define "real" ?

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Re: Giving a Genuine Try
Posted by Trouble - 25 Jan 2022 20:24

[i-man wrote on 25 Jan 2022 19:01:](#)

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i believe the question should be addressed to reb hhm; he is the one who said that this proves that the urges are not "real." [personally, i think he means that the urges do not [b]need[/b] to be acted upon, and who would disagree with that? now, just because there is no need, doesn't mean that it's not real, nor does it mean that it doesn't get stronger with time, nor does it mean that he's not addicted.]

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Posted by i-man - 25 Jan 2022 21:37

[Trouble wrote on 25 Jan 2022 20:24:](#)

[i-man wrote on 25 Jan 2022 19:01:](#)

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Thank you my friend, I think you brought out my point - the nekudas hamachlokes is what do people mean when they say "real" .

One flaw of a forum is that often the writer and reader understand words differently.

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Re: Giving a Genuine Try
Posted by bego - 26 Jan 2022 12:07

One flaw of a forum is that often the writer and reader understand words differently.

Absolutely.

I mean real in whatever sense it is. Meaning, it's irrelevant. if I fail, it was real. If I don't, it was still real, but logic overcame it.

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Re: Giving a Genuine Try
Posted by i-man - 26 Jan 2022 18:05

That's a good point , however I think in the context HHM is using it is also a good point and probably a good strategy with the guys he's working with (with a proven track record of success) So I doubt arguing semantics in this instance is beneficial.

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