

My new life

Posted by bochur23 - 25 Jan 2022 11:45

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I was debating if I should just continue my old thread

(<https://guardyoureyes.com/forum/19-Introduce-Yourself/359379-restarting>), but I decided to make a fresh start.

I've "tried" many times before to fight this, without much success. Over the past year, I've had some better times, but so far nothing lasting.

What's different now is that boruch hashem I have constant access to GYE on a filtered device (until now it was always on unfiltered devices, which is why I didn't visit too often). Hopefully that will help things along, as I'll be able to use all the resources available to help me.

Im yirtzeh hashem I will now be able to update every day, and I plan to do so.

So today starts day 1 of the rest of my life!

Bochur23

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Re: My new life

Posted by bochur23 - 19 Jun 2022 18:28

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Still going clean, boruch hashem. Friday and Shabbos were both very busy, coming days will also be IYH.

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Re: My new life

Posted by bochur23 - 20 Jun 2022 07:13

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Thank you Hashem for just saving me from messing up! I was up alone by the computer and about to watch porn, when someone walked in...

Call it whatever you want. I totally wouldn't have stayed clean without that happening, and I

didn't stop myself, so it's probably at least a slip. But I don't think it'll be beneficial to reset my count.

I was supposed to have an important test today, but I didn't feel ready to take it and I was able to postpone for later. I couldn't afford not passing, which is what led to me messing up a one month clean streak at the beginning of this year. But I was still disappointed with myself and was a little down today (which probably led to the above situation).

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Re: My new life

Posted by Shnitzel and kugel - 21 Jun 2022 01:09

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Bh someone walked in, for sure dont reset your count since you didn't actually fall

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Re: My new life

Posted by committed\_togrowth - 21 Jun 2022 04:38

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It's a very tough tactic of the yetzer hara to get us to poke a hole in the areas of life where we are succeeding in just because we feel down about an area we are struggling in. Your studies are important, but just because you are struggling in that specific area right now does not mean you aren't a successful person. Society at large places larger value on external metrics of success and as a result it is easy to undervalue internal success and spiritual endeavors. Don't overlook the huge effort you are making in avodas Hashem. Let that be an anchor for you and a base of self-esteem to help weather the exams storm. Davening for your success on your exams!

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Re: My new life

Posted by bochur23 - 21 Jun 2022 05:04

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So I fell today in the morning (on a different device. I've blocked it now, and the only way to use it would be to factory reset it which I don't think I'll do since I don't want to lose what's on it).

I've also made up with my friend to text him before and after using the unfiltered computer. In addition he'll check in with me at night if I used it without texting him, and I'll have to give a dollar to tzedaka.

Once I messed up today, it motivated me to get a move on the flight to freedom program, so I finally did the reasons for change unit. I'm probably doing it wrong, but the only things I was able to think of were marriage-related. I guess those are the most important reasons to me right now, but it's bothering me that I don't see a need to change besides for that (meaning, I don't see how this is affecting me negatively in my current day to day life). I'm worried I won't/don't have enough motivation to fight **right now** if it's only to have a good marriage in the **future**.

anyways, now I'm up to the CBA (cost benefit analysis).

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Re: My new life

Posted by Vehkam - 21 Jun 2022 12:20

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While you are struggling it is often difficult to see how it is affecting you.

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Re: My new life

Posted by yechielmichel - 21 Jun 2022 13:28

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[bochur23 wrote on 21 Jun 2022 05:04:](#)

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anyways, now I'm up to the CBA (cost benefit analysis)

Based on my experience marriage doesn't change much. The waste of life just continues till you face it head-on.

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Re: My new life

Posted by Sapy - 21 Jun 2022 13:51

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Hi Sorry for your fall.

if your not motivated and dont see a reason to fight, why are you?

I didnt do the F2F program now, but as I recall there is a part of identifying your values, and see if this behaviors are getting in your way. Like if you value connection, and you value connection to Hashem, do you feel like this is getting in your way of a close relationship with him? Or if you Value authenticity, is this a contradiction to that? Going against our values usually causes us inner turmoil, and not feeling good with ourselves, and might be a good and clear motivator.

Best luck to you!

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Re: My new life

Posted by bochur23 - 21 Jun 2022 13:52

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[yechielmichel wrote on 21 Jun 2022 13:28:](#)

Based on my experience marriage doesn't change much. The waste of life just continues till you face it head-on.

I was filling out the "reasons for change" worksheet - i.e what is **motivating** me to work on changing. My worry is that I'm not motivated enough to change for my present situation, only for my future. I don't see that "waste of life" right now, to know that it'll continue after marriage as well.

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Re: My new life

Posted by Ki Sorisa - 21 Jun 2022 14:51

I never said that I think marriage is the solution. I've been on here long enough to know better Hey! Although I am married now, I was a Bochur just a few short years ago and didn't put the same fight you are putting up with your yetzer harah. You are getting a big head start. You are an inspiration!!

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Re: My new life

Posted by bochur23 - 21 Jun 2022 16:57

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[Sapy wrote on 21 Jun 2022 13:51:](#)

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if this behaviors are getting in your way. Like if you value connection, and you value connection to Hashem, do you feel like this is getting in your way of a close relationship with him? Or if you Value authenticity, is this a contradiction to that? Going against our values usually causes us inner turmoil, and not feeling good with ourselves, and might be a good and clear motivator.

Best luck to you!

I'm motivated enough to be on here and try, but not yet to do **whatever** it takes (if I was, I would've spoken to a few people in person that I think would be beneficial. But I'm too uncomfortable...)

But you are right, I got too caught up in that specific worksheet. I forgot about the core values worksheet which I think is what you're referring to. I guess that's also my motivation.

But that as well is more in the bigger picture, that my actions don't align with my values. I'm worried that I don't have motivation to change **in the moment**. Why is it bad for me to act out **right now**? I don't know if there is, and I might have to just push through by thinking about "the bigger picture" (future; values etc).

**Warning: Spoiler!**

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Re: My new life

Posted by jackthejew - 21 Jun 2022 17:51

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[bochur23 wrote on 21 Jun 2022 16:57:](#)

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[spoiler][spoiler]

I was at this stage for *years* before deciding to do whatever it takes. That was when I joined GYE B"H. The problem doesn't go away on its own, but the steps I was afraid to take before I went "all in" turned out not to be as scary as I thought. Inertia is the most powerful limiting factor to growth.

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Re: My new life

Posted by Vehkam - 21 Jun 2022 17:51

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it might be helpful to turn this around and look at it from a different starting point. What are your goals for today? how you would optimize your time each day? What do you want to accomplish? What does the person you want to become look like - how does he act? if you don't have set goals yet you might want to think about that.

Once you have goals in place, you can take a look at each of the activities in question and decide if they are bringing you closer to your goals or taking you further away from your goals.

even if you have no goals and you are ok with coasting and just taking life in as it comes (which i don't recommend!), you might want to consider the addictive nature of these activities. Do you really want to remain trapped in the grip of your desires? Many people will tell you that the

desires can become much stronger if you don't deal with them early on. Why not deal with it now before it becomes much more difficult.

Each time you give in without a fight you are risking elevating the desires to a level that will slowly take over your life. The fleeting pleasure is so miniscule compared to the pain that accompanies anyone that struggles this.

None of this will stop you "in the moment" if you don't commit yourself thoroughly and prepare yourself before the situation arises.

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Re: My new life

Posted by Kavey - 21 Jun 2022 19:51

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Why should we care what Hashem wants?

In our generation as has been pointed out, relying on punishment is not recommended and I can testify for myself that knowing Rabbeinu Yonas from the Third Shaar about this issue doesn't help when you're in the grip of the yetzer and might also not be the most helpful in motivating for long term strategies in fighting the yetzer hara.

It also potentially doesn't help that for single guys you can pick up and go after acting out without the associated guilt of being in a marriage (clearly not always the case since there is also depression associated with single guys struggling). I think this somewhat parallels the world outside where people 'go crazy' outside the confines of marriage.

So what are we left with? I think we are left with the realization that we are already in a loving relationship. One with the master of the world. Many ways to tap into this relationship. Personally I like Rav Pincus but there are many others.

Then what? Then we can perhaps ask ourselves does Hashem (who sustains us every second) want us to focus on this yetzer hara or exams/other things.

Apologies if this is off base.

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