

Connecting the days

Posted by connected - 05 May 2022 17:34

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I figured I'd start a new thread under this category to help me keep track of my progress.

I had a tough day with my wife yesterday. (Actually, if I'm being honest, she had a tough day, and her mood spilled over, dragging me down.) Finally, after putting the kids to bed and having something to eat, I needed to go to the grocery. I got into the car, still upset, and as I was waiting at a red light, this attractive woman walked by right in front of me, and my eyes helpfully escorted her across the street.

Suddenly, the following hit me. And I said it out loud (all windows were closed...).

"What are you doing? You're upset at your wife, so you're ogling other women? Do you think you're somehow getting even with her? All you're doing is destroying yourself."

This helped me snap away my destructive gaze.

This is not the first time I behaved this way while being upset with my wife. But it's the first time I had this thought that helped me out of it. I didn't put that thought there.

Thank You, Hashem, for that thought.

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Re: Connecting the days

Posted by Kavey - 26 Aug 2022 15:57

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Go for it! Main thing is not to obsess over it (I think a lot of us here struggle with obsessions myself included).

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Re: Connecting the days

Posted by Lchaim Tovim - 29 Aug 2022 20:17

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Hatzlocha!! Of course I first saw this today when I'm back from my 10 day break from GYE.

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Re: Connecting the days

Posted by Lchaim Tovim - 06 Sep 2022 20:03

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I miss you already (you know who you are (or maybe not))! I guess you'll be back tomorrow.  
Hope you didn't miss me too much.

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Re: Connecting the days

Posted by Lchaim Tovim - 06 Sep 2022 20:04

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[connected wrote on 24 Aug 2022 19:04:](#)

I miss you already (you know who you are (or maybe not))!

I guess you'll be back tomorrow. Hope you didn't miss me too much.

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Re: Connecting the days

Posted by connected - 15 Sep 2022 18:18

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Here's a brief update on me.

I'm returning.

Letting go of all stupidities that are keeping me small.

I'm doing Teshuva.

What started with a journey to quit porn and masturbation turned into learning how to deal with my emotions.

How to let go of resentment.

How to really be there for my children.

How to get important things done.

How to give more and expect less.

There are easy days.

There are tough days.

My body only wants the easy, but I understand that real growth lies on the other side of a tough day.

It's not about porn and masturbation; it's about returning.

Letting go of the fears I collected in my life up until now.

Dispelling the limiting image I created of myself.

Replacing my destructive coping mechanisms with healthy outlets.

Returning to that state where I can utilize all the potential Hashem granted me.

I don't have a timeframe.

I try to take it **One test at a time.**

I wanna go home.

*Reconnecting*

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Re: Connecting the days

Posted by lets stay clean - 15 Sep 2022 18:59

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I love the way you wrote this!!

Great Job!!!

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Re: Connecting the days

Posted by Kavey - 15 Sep 2022 19:17

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Hatzlacha! Birshuscha if I could add one more:

How to take it easy on yourself

For myself I know that if I'm locked in my office hiding from the kids and their shennanigans with no patience left I comfort myself with the thought: 'but at least I'm still in the game!'. For me it works wonders.

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Re: Connecting the days

Posted by connected - 28 Sep 2022 14:52

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And now for the obligatory post-Rosh-Hashana-post.

I did not cry.

I was not overly emotional at [insert special Tefilla here].

My "saying" of the Daf could've been better.

I did not finish Sefer Tehillim. Nor did I start.

I was present for my kids in the morning (**great, now I'll be late for shul**).

I took fifteen minutes to Bench out loud with my kids (**can you guys speed up?!**).

I didn't drink that last shot before the Tekios (**I know, I should've downed the other ones, thanks, dad**).

In the past, I'd be left with a warm, fuzzy feeling after RH.

At times I'd also masturbate at the break before the Tekios.

Last year I finished the whole Sefer Tehillim on RH.

I also ran to watch porn after making Havdala.

No fuzzy stuff this year.

Also, no porn and masturbation.

Just hard work.

Hard work and concrete, measurable actions.

I hope.

*Stay connected*

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Re: Connecting the days

Posted by connected - 02 Nov 2022 20:47

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So, it's been a while since my last post.

I recently read a post I wrote when I was on my 90-day high. In it, I warn anyone who'd care to read it.

remember **never to let your guard down**. This project isn't something you can set and forget. Compare it to physical fitness; as long as you eat healthily, exercise, and care for yourself, you'll be fit and keep off weight. Once you stop, you'll fall back. It's a lifelong project.

Well, here I am.

I set it.

I forgot it.

It forgot me.

My old habits slowly started creeping back into my life. Only this time, my phone has a filter, so I had to be creative. Or risky.

Not being the big risk-taker, I went with creativity. I impressed myself with a job smoothly done.

Yesterday's depression reminded me of life before I started this journey. I don't want to go back

there.

I need a strategy. Till I have one, I'll try to keep myself accountable here.

*Still Reconnecting*

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Re: Connecting the days

Posted by connected - 03 Nov 2022 17:55

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Yesterday passed in cleanliness.

As I wrote yesterday, till I have a new strategy, I want to hold myself accountable here.

I'm wracking my brain, trying to come up with something to write. It's almost as bad as making small talk.

I'm so bad at this.

### **The Small talkers:**

**a:** Hey.

**b:** Hey.

**a:** What's up?

**b:** Not much; what's up with you?

**a:** Pretty much the same.

**b:** You're still working at that plumbing supply?

**a:** Yup. And you? Still at the take-out?

**b:** Same old.

**a:** Yeah, that's life.

**b:** I guess so.

**a:** It's getting cold already.

**b:** Oh, I was just going to comment that the weather is rather nice.

**a:** Now that you mention it, that would've made more sense.

*silence*

There. A post.

*Stay connected*

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Re: Connecting the days

Posted by Teshuvahguy - 03 Nov 2022 20:02

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[connected wrote on 03 Nov 2022 17:55:](#)

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*silence*

There. A post.

*Stay connected*

Great post!! I'm still smiling. Consider yourself accounted for.

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Re: Connecting the days

Posted by connected - 10 Nov 2022 19:13

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I'll try to make this short.

Starting with my first post on GYE, I built a persona, as we all do. The professionals do it with intent; the others have it happen to them.

I aimed for positivity and success.

As soon as I started counting publicly, I knew I would make it to 90 days.

I generally shy away from public challenges, but when I find myself caught in one, I make sure to do whatever it takes to come out on top.

Welcome to my Ego.

I wrote post after post filled with positive vibes.

There were some tough days, but no urge was more potent than my Ego.

Finally, I made it 90.

I kept saying, "this is *not* the goal! The goal is my whole life."

But you see, that wasn't true.

The main thing that kept me going was the challenge; the need to prove that I'm awesome. Once that was gone, the original me, who was on vacation for three months, stepped back in.

Welcome to the original me:

Blank.

A scared child trapped in an adult body.

A child with a multitude of limiting beliefs about himself, he's accumulated over the years.

OK, not blank after all.

When the original me started coming back, I watched porn and masturbated. Just once.

But Ego me didn't want to reset my chart. So I gave myself a one-time pass.

Slowly, the original me came back, and so did my old habits.

I was forced to reset, and Ego me concocted many fantastic excuses for my new/old behavior. Like "it's not about porn/masturbation; it's about becoming a healthy person." Well, yeah, but as I saw in my 3+ months of cleanliness, these actions keep me unhealthy.

What am I trying to gain with this post?

Donno.

I guess trying to be honest.

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Re: Connecting the days

Posted by yechielmichel - 10 Nov 2022 21:00

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[connected wrote on 10 Nov 2022 19:13:](#)

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What am I trying to gain with this post?

Donno.

I guess trying to be honest.

Being honest is the first step... yasher koach!

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Re: Connecting the days

Posted by connected - 14 Dec 2022 18:17

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For the past two days, I finally managed to halt my midday drug use.

I feel empty. Porn and masturbation fill a void. (Truthfully, it doesn't "fill" anything; it numbs my awareness of the abyss.) I didn't use it, so I feel horrible.

There's no end in sight.

I keep telling myself, "one day at a time".

My-Self refuses to be fooled.

Who is *Self*?

Who am *I*?

Whom am I arguing with?

Who wants this?

What exactly is it that he (is it a *he*?) wants?

Who is opposed, and what does he (is this one a *he*?) want instead?

If all involved parties would identify themselves and stop pretending to be the other, life would be much simpler. Or, I can just go for some numbing activities and forget it all.

Hey! Who said that?!

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