

what ive been doing daily

Posted by Nitzachon - 16 May 2022 14:25

---

bh

I want to start with just a couple of points.

right now Im on day 40 '????' ?? ???

point number 1:

last year at the beginning of tammuz - i was very vaguely aware of the existence of GYE, i decided i need to stop. I was basically falling twice a month, approximately, but as you can imagine every fall came along with a lot of anxiety depression (and lots of fear as well) and would sometimes drag on for a few days.

so I decided to undertake a week of being clean. Meaning that i will tell myself if i get an urge, "not this week. after 7 days you can do whatever you need to do but right now no!" somehow i ended up being clean for 110 days approximately. I'm not 100% sure if during that time i lowered it from recommitting every 7 days to something more often and for less time or not, but somehow i got there. I'm also not 100% sure that i guarded my eyes fully, but if I'm not mistaken no actual deed until the day before simchas torah.

My in laws asked me to help build an eruv, and in the process i got extremely stressed and upset and worked up and I fell and boy did i fall, in both areas of sight and deed, and for 5 straight days i had lust burning in my heart... very difficult days.

after that i tried again

i cant remember every detail but since then the most clean days i ever did was around a month.

but i employed a new method and this is my second point:

Since i realized that we get stressed out or other triggers come and we are not fully focused and we are weak and we fall. so i realized i need to refocus every day that this very day i will not be weak in this way. I need to be fully conscious TODAY so that if i get triggered i will have the focus and strength to say no and move away. so this is what i started doing. I recommit every single day just for that day. I close my eyes and I commit with all my heart as much as i can that for the next 24 hours I will not look at immodest things. And I know that even if i get a strong urge i definitely have the ability to abstain for just a few more hours till the end of the day. And since i undertook to fulfil this mitzvah for exactly 24 hours, therefore i tell myself if i fall afterwards i will not have broken my original undertaking. so:

a) I can forgive myself and still give myself recognition for the fact that i kept to my undertaking for the full time that it was for - 24 hours

b) usually when you push it off, that helps that it doesnt' end up happening at all

c) by that time i would have have been supposed to have made a new undertaking for that time which gives me the strength and focus to say no.

and bh its been helping me stay strong. thank hashem.

over time i added another thing, because you learn something from every fall.

In the past if i ever undertook to not waste seed, i still allowed myself to cause myself to come close telling myself that I'm still keeping to my word about not doing the actual thing.

It took me a long time to realize the following - i personally found this to be a golden nugget of insight:

there is no such thing as a decision not to waste seed because it happens involuntarily. given the build up, it happens by itself. the only thing you can make a decision about, is not creating the build up. so I added to my daily reaffirmation and recommitment, that for the next 24 hours I will not be ????? ?? ????? ????? - purposefully cause myself to be erect (sorry).

So thats what i do these days:

every night i close my eyes and recommit with all my heart as much as i can that for the next 24 hours no matter what there are 2 things i will not cross the red line. just 2. not looking at immodesty and not purposeful erect...

and just to reiterate my first point a little better:

since its my 3rd or 4th time working on abstaining for an extended period of time (but most

importantly 1 day at a time as described above) it really gets easier, bh bh bh. and overall you feel less weak, less inclined, although old enough to realize that i can fall in an instant

about 2 weeks ago i almost fell and actually the fact that i had a 90-chart going for me held me back...

hashem was reminding me that the commitment has to be really strong...

=====

=====

Re: what ive been doing daily

Posted by Ybird - 16 May 2022 16:46

---

WOW, i have no words

keep strong dont let your heart fall

=====

=====

Re: what ive been doing daily

Posted by Nitzachon - 17 May 2022 01:48

---

bh

one interesting point i want to add:

at one point when working on myself with a daily commitment for 24 hours, i started off only committing to no viewing immodesty (but didn't commit to no zera levatala)

the reason for that was i strongly believe that a person works on one thing at a time and for a limited time period. so the way to succeed in growing in Avodas Hashem (for me at least) requires the ability to accept the value in changing one habit, one behavior, or even one part of

a behavior, and being able to fulfil the undertaking for the time it was undertaken even knowing that afterwards i may fall and i may be falling in other areas or even similar areas but not in the exact specific area which i undertook. so *no porn* was going to be the commitment even if it meant that for that time i would still mstrbt (without prn).

and i think it applies in many areas.

If a person wants to work on his davening and he starts by committing to be by the minyan, he may not be ready to commit to saying every word or whatever it is hes struggling with. get into the habit of being by the minyan and let everything else go with the flow obviously try and daven but if it doesn't work out, that wasn't your *kabalah*

=====

Re: what ive been doing daily

Posted by Vehkam - 17 May 2022 03:03

---

i also started off with one commitment. i found that as time went on, it felt natural to keep adding things. i started out being makpid on pornography but nothing else (even r rated movies). this quickly evolved to being makpid on both pornography and masturbation. there was probably a couple of more weeks until i decided i really can't be watching movies either (at first i would just cover the screen or look away for the inappropriate scenes)... since i was replacing all this wasted time with stuff that was more productive i eventually didn't have any time for even "family friendly" shows etc and i deleted my hulu account.

the key for me was a)one step at a time - as long as i am moving forward do not rush; and b)replace the time with healthy activities.

=====

Re: what ive been doing daily

Posted by Hashem Help Me - 17 May 2022 11:22

---

Welcome. Continued hatzlacha. Your posts are wise and inspirational. Keep posting - besides helping yourself, you will iyh be assisting many quiet (and not so quiet) bystanders...

=====

