

Feel Like Im Slipping

Posted by bentchkvatcher - 24 Oct 2023 19:59

Bh I have been having a great streak keeping my eyes to myself and not going a on any sightseeing walks (which is my big struggle).

But I am getting that vibe Im a little down, a little freer with where I look and overall triggered. I really would like to go on one of my walks. Prob is that sends me so downhill.

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Re: Feel Like Im Slipping

Posted by foolie - 24 Oct 2023 20:21

Have you reached out to a living breathing person and not just hoping for someone on the forum to have a suddenly inspired magical piece of advice for you. I hear tell around these here parts talking to someone live is a game changer especially when one is at the point you are describing

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Re: Feel Like Im Slipping

Posted by ainshumyeiush - 24 Oct 2023 22:10

I second what foolie said.

also realize that if these sight seeing tours cause you to fall with porn, then look at it as a warm-up for porn and treat it with the same seriousness.

how about you share with us how you dealt with this for the past 53 days?

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Re: Feel Like Im Slipping

Posted by bentchkvatcher - 25 Oct 2023 19:36

I had been white knuckling trying to immerse in yeshiva.

?But tonight I couldn't hold out, I went on my walk.

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Re: Feel Like Im Slipping

Posted by chaimoigen - 25 Oct 2023 20:31

Did you feel better or worse after the walk?

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Re: Feel Like Im Slipping

Posted by bentchkvatcher - 25 Oct 2023 21:01

worse

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Re: Feel Like Im Slipping

Posted by foolie - 25 Oct 2023 21:05

Have you talked to a warm body yet?

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Re: Feel Like Im Slipping

Posted by connected - 25 Oct 2023 21:45

[foolie wrote on 25 Oct 2023 21:05:](#)

Have you talked to a warm body yet?

Or at least seen one on your walk?

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Re: Feel Like Im Slipping

Posted by ainshumyeiush - 25 Oct 2023 22:01

I think that was the idea...

did you fall with porn after the walk?

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Re: Feel Like Im Slipping

Posted by bentchkvatcher - 26 Oct 2023 06:32

no

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Re: Feel Like Im Slipping

Posted by ainshumyeiush - 26 Oct 2023 13:20

So then dont let it knock you down.

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Re: Feel Like Im Slipping

Posted by bentchkvatcher - 26 Oct 2023 14:27

the walk is the fall

its my escape from reality

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Re: Feel Like Im Slipping

Posted by ainshumyeiush - 26 Oct 2023 15:27

That takes time do take care of. Right now just focus on the porn and lust aspect.

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Re: Feel Like Im Slipping

Posted by bentchkvatcher - 26 Oct 2023 21:46

im not struggling with porn

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Re: Feel Like Im Slipping

Posted by ainshumyeiush - 26 Oct 2023 22:23

What did you mean by send you downhill in your first post?

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