

The road to 90

Posted by tp1 - 06 Nov 2023 07:04

Hey guys.

married guy over here mid 30s

married with kids etc.

going to post my journey here.

today is day 12 for me.

keepin the eye on the prize of increasing kedusha in my life By stopping to look at inappropriate things.

anyways today was a big deal for me as the wife was out of town which in the past has been a trigger due to the loneliness of her not being around.

BH the day (and last night) went by with no struggles.

as I'm by day 13 I am actually kind of nervous because I haven't had the urges and other things that have set me off in the past.

perhaps it's the new mindset or the fact that I am more active on the site but while I am enjoying the calm state of my mind I still fear that the yetzer hara is just regrouping to launch a counterattack on me.

any thoughts on this?

will keep you guys posted on the journey.

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Re: The road to 90

Posted by tp1 - 13 Nov 2023 18:09

[ainshumyeiush wrote on 13 Nov 2023 17:04:](#)

Mazel tov on 20! And for myself personally, i treat Instagram the same as porn. Even the random stuff that are 'clean' its a huge waste of my time and usually leads to porn, or at least want porn

100%

It's def something to avoid in the future and it def tripped some urges in me until I was able to just delete it.

reminded me of why I deleted it in the 1st place even though Instagram by itself was never the primary trigger for me.

grateful for the content filters that prevented any slips or falls.

web chaver picked it up though so my wife got a couple emails.

she knows about previous issues of mine and the constant struggle and is on board with it but she wasn't thrilled about it.

bh I could tell her with 100% honesty that I didn't view any explicit content.

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Re: The road to 90

Posted by adam2014 - 14 Nov 2023 11:07

[ainshumyeiush wrote on 13 Nov 2023 17:04:](#)

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Instagram IS porn to me. You can find filth on there so easily. Actually it find you.. The algorithm knows us better than we know ourselves and I may be looking for a pair of shoes and within 30 seconds, there is a half naked girl on my screen. I deleted it along with all Social Media.

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Re: The road to 90
Posted by tp1 - 20 Nov 2023 03:17

Bh 24 days for me.

while I bh haven't fallen or slipped to look at explicit content I have had some urges and bad thoughts as well as a pretty explicit dream/fantasy.

I know I can't fully control that but it does bother me immensely.

not sure what I can do to change that part.

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Re: The road to 90
Posted by Vehkam - 20 Nov 2023 03:24

[tp1 wrote on 20 Nov 2023 03:17:](#)

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not sure what I can do to change that part.

If you keep working on the things that are in your control, eventually the other thoughts and

dreams that are not in your control will die down.

Feeling bad about it is generally not helpfu. Try to focus on the positive things you are doing.

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Re: The road to 90

Posted by tp1 - 20 Nov 2023 03:49

Thanks.

bh I've done well in regards to content and chats etc. and no falls in that regard.

my initial goal in this journey was to cut that out of my life entirely and bh I am on my way.

It's the real life scenarios that start messing around in my head that I'm struggling with the most.

Part of this renewed effort on my part is to get a closer relationship with Hashem.

bh masturbation isn't my issue as it's been years 7+ at least since that has happened.

however I struggle with the knowledge that I am trying to get that real close relationship and yet I still have these fantasies/thoughts that intrude into my brain.

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Re: The road to 90

Posted by Vehkam - 20 Nov 2023 04:36

[tp1 wrote on 20 Nov 2023 03:49:](#)

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however I struggle with the knowledge that I am trying to get that real close relationship and yet I still have these fantasies/thoughts that intrude into my brain.

Don't go it alone. Invite hashem into the struggle. Tell hashem what is bothering you about the fantasies, spell out what you feel you can do to help fight this challenge and ask Hashem sincerely to grant you success in this endeavor. Letting yourself be vulnerable and open with hashem in this way should help bring you close and should not allow for guilt which is usually the tool of the yetzer hara....

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Re: The road to 90
Posted by adam2014 - 20 Nov 2023 10:41

Unbelievable advice!!!!!! Vehkam is a true Tzaddick

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Re: The road to 90
Posted by Hashem Help Me - 20 Nov 2023 12:30

[tp1 wrote on 20 Nov 2023 03:17:](#)

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Normal and expected. Be patient and stay focused. Avoid all conscious triggers while completely ignoring subconscious thoughts. Don't panic or get frustrated from them - dreams included. Eventually the subconscious gives up. Continued hatzlocha. You are a hero and an inspiration.

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Re: The road to 90

Posted by tp1 - 28 Nov 2023 02:58

[Hashem Help Me wrote on 20 Nov 2023 12:30:](#)

[tp1 wrote on 20 Nov 2023 03:17:](#)

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Thank you!

haven't had a chance to call you yet but I will. Thanks for all that u do.

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Re: The road to 90
Posted by tp1 - 28 Nov 2023 03:06

Hey all

had a rough day.

was going through some old google photos and stumbled across some content that I guess had been downloaded at some point onto one of my devices and uploaded into my google photos account.

def set off all the bells and whistles in my brain.

I very nearly fell down the rabbit hole of going into some old sites and chats that would have been a fall for me.

I held on though bh but was a rough 10 minutes till I removed myself from the situation.

Part of me wanted to go back.

justifying and convincing myself that it as I would only look at the hock chats and not the ones with the content.

I would have probably fallen had I not made it extremely difficult to get the access. (Deleted telegram web and mixed up that specific work phone that I had used with 30 other phones)

grateful too all of you and grateful for not falling myself.

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Re: The road to 90

Posted by chaimoigen - 28 Nov 2023 04:35

[tp1 wrote on 28 Nov 2023 03:06:](#)

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grateful too all of you and grateful for not falling myself.

Hey! Pat yourself on the back and give yourself a hug. That's an accomplishment! Those rationalisations and arguments to just look at certain chats etc- you didn't fall for it!!!

And yes, you DO get credit for limiting your access so those 10 minutes weren't fatal.

may have been a rough day.

But sounds like one to celebrate from where I stand.

Keep Trucking!!

LiChaim

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Re: The road to 90
Posted by tp1 - 06 Dec 2023 19:26

Hey all

rough day for me yesterday.

Def had some slips but no falls down into the rabbit hole thank god and was able to get out quite quickly.

Its amazing how quickly the urge/fantasy part of your brain can go from 0-100.

Also my wife is weirded out by the whole gye thing. Not sure what is the best way to respond to her about it.

She knows i have had issues in the past and without filters and other things i would fall again.

I am pretty open about that to her.

thanks for the support

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Re: The road to 90

Posted by connected - 07 Dec 2023 14:50

[tp1 wrote on 06 Dec 2023 19:26:](#)

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thanks for the support

Tell her she doesn't have to join if she doesn't want to.

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Re: The road to 90

Posted by tp1 - 08 Dec 2023 03:25

Hey guys

Had a real sketchy last couple days.

The urges came roaring back unlike anything i have dealt with the last few weeks.

I wanted to try new things, I wanted to see new things and ideas which while i have had thoughts before never affected me so much.

No falls in regards to rejoining old chat rooms and groups which were the primary reason for starting this journey, but definitely some slips and toeing the line and coming close in regards to other things

I have a weird hierarchy of priorities that i am trying to avoid.

Since Masturbation is not an issue for me (thank god) my primary and end goal in this journey is to work on my lust/urges/fantasies and the need to live my life in a kadosh and tahor way in my relationship with hashem (and my wife).

However i do have my danger zones that i believe are more important in regards to potentially falling and acting out that are more important to me right now in the bigger picture.

The main thing that affected me more then anything else were the chats and groups of "frum" jews that i was on.

Those were a huge danger zone for me. Though i have never acted out, these would waste a tremendous amount of my time and mental space.

While obviously the end goal is to avoid all urges, thoughts and inappropriate content, those do not make as much of a dent in my mental space as the groups that i used to be on because since they were "frum " jews it messed with my head a lot more then seeing a naked goy.

So primary goal is to not revert into those old habits.

Obviously the end goal is to avoid all imaging thoughts and urges but those dont make as much of an impact on my brain.

Obviously i am pissed off at myself that i slipped in regards to some things but at the same time i did not fall back down the old rabbit hole.

Doesn't make me feel any better and honestly i feel quite angry with myself.

I am now afraid that i have this new thing tugging at me and its scary and annoying.

Thanks for letting me vent

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