

Let's do it!

Posted by yeshtikvah85 - 14 Aug 2024 06:27

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Entering Day 3 of this journey BH.

Can't wait to get to 90 and more.

Hope to post often of my journey.

Thanks all!

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Re: Let's do it!

Posted by stopsurvivingstartliving - 14 Aug 2024 06:33

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Welcome aboard to the warmest family in klal yisroel! Wish you good luck fighting this battle!

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Re: Let's do it!

Posted by ezraw - 14 Aug 2024 06:44

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WOW!

Wishing you much Hatzlacha, I'm davening and rooting for you!

(take my advice from experience, or don't. your choice. But focusing on just today has been very useful to me. The only thing that matters is today.

The past is past, and you should be proud of your accomplishments. Use the chizzuk that it provides.

For the upcoming day, If an urge comes, tell it to wait until tomorrow.

And tomorrow you don't have to worry about until it comes. and when it does, just say to it again, I'll see you tomorrow.

I hoped that this is useful for you. If not, feel free to ignore it or question it, or comment on it, or

Looking forward to seeing your accomplishments posted here!

All the best,  
delete it, or whatever. whatever works for you

Ezra W

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Re: Let's do it!

Posted by yeshtikvah85 - 18 Aug 2024 23:59

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Day 7!

BH

Its getting easier BH. Can't deny that there are still some moments where a thought quickly passes through my head, but I quickly push it off and also watch my Shemiras Haeinayim which prevents the next step. ???? ???? ???? ????...

Another thing that I believe helped me was that even with my wife when she is looking extra attractive etc., I try to not think of just that aspect of her but her as a person, as a wife, mother etc, and that really changes around things and prevents the constant desire and need for that pleasure which could lead to masturbation.

(maybe this thought also connects to ???? ??"? of ??? ??? ??? ???? , the way the meforshim explain it)

Its sometimes hard for me to write about these things (even though its anonymous) and I hope it doesnt trigger anyone that perhaps is in a more challenging part of the journey, but I believe that its probably good for me to write, and have the accountability, as well as the fact that if its mechazek even one person its worth it.

Any thoughts, dear friends?

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Re: Let's do it!

Posted by BenHashemBH - 19 Aug 2024 01:12

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I don't find it triggering at all. It's relatable.

Keep being mechazeik us!

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Re: Let's do it!

Posted by yeshtikvah85 - 22 Aug 2024 17:37

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Day 11 BH

Still going strong BH and hey at some points I despaired that I'll ever manage without it for too long, but here I am 11 days in so that's pretty good progress!

But the temptations are there (which I assume is normal). Its crazy how challenging it is in our world today. Even without looking for issues, you end up seeing things (even tzniusdik) that might trigger shmiras haeinayim issues, and even worse, the M word... How do you get to 90 days or even better, a lifetime, without it, when you were doing it every day, multiple times a day?

**I guess we have the strength for it though!**

If anyone has some chizuk, feel free to share.

It's starting to get a bit harder

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Re: Let's do it!

Posted by BenHashemBH - 22 Aug 2024 17:39

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[yeshtikvah85 wrote on 22 Aug 2024 17:37:](#)

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Thanks in advance

Brace yourself. You are about to get the chizuk you asked for in the form of ODAAT.

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Re: Let's do it!

Posted by yeshtikvah85 - 22 Aug 2024 17:40

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Thanks EzraW

This is good advice! Just reread now. Exactly when I need it.

On a different note, yesterday when I found myself having an urge, I just told the YH straight up

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Re: Let's do it!

Posted by yeshtikvah85 - 22 Aug 2024 17:42

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Lol. Thanks.

Didnt know those initials. Is that One Day At A Time? (quick google search)

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Re: Let's do it!

Posted by BenHashemBH - 22 Aug 2024 17:46  
"Dude, I will not let you"

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[yeshtikvah85 wrote on 22 Aug 2024 17:42:](#)

Lol. Thanks.

Didnt know those initials. Is that One Day At A Time? (quick google search)

Yup. A tremendously beneficial mindset. The past is history and tomorrow is a mystery. Today you can do it.

Hatzlacha

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Re: Let's do it!

Posted by chosemyshem - 22 Aug 2024 17:49

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[yeshtikvah85 wrote on 22 Aug 2024 17:37:](#)

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**I guess we have the strength for it though!**

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It's starting to get a bit harder

Some would tell you that we don't have the strength for it - but G-d does. And will do the job for you if you surrender your life to his will.

Others would tell you that we don't have the strength for it - but if we find the joy and pleasure in staying clean we won't need strength.

Very few people will tell you that the way through is just by bearing down and saying "NO!" (though of course that has worked for some people and the only rule is "do what works for you.")

Strength is needed. But if all you're doing is trying to flex your way through this it's simply unlikely you have that much raw willpower.

So what are you doing besides saying no?

It's also not helpful to think about the future (in that way). It's kryptonite for me, and I'm sure for many others. The goal is to be clean *today*.

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Re: Let's do it!

Posted by yeshtikvah85 - 22 Aug 2024 17:57

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[chosemyshe wrote on 22 Aug 2024 17:49:](#)

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That's an interesting mindset. I like that.

As to your question: currently my way of dealing with it is mostly by saying no, busying myself with other things, and reminding myself that I have an amazing wife. I do also take pleasure and joy in the fact that I've been clean so far.

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Re: Let's do it!

Posted by 5770 - 02 Sep 2024 21:51

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excellent progress! \\\

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Re: Let's do it!

Posted by yeshtikvah85 - 09 Sep 2024 03:34

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28 days!

BH!

TYH!

No masturbation and no looking for pictures of women on purpose, but I'm at a stage where if I happen to see something I might gaze at it for a bit longer than at the beginning of this 90 day



journey. Nothing major, but instead of just the 1 second that I happen to see it and then quickly move on, it might be 10 seconds or so. Don't have the exact seconds lol, but the point is that I feel like I'm starting to let myself look at these things a tiny bit longer which is a bit concerning.

I still have urges for masturbation here and there. They are usually low intensity, though yesterday when I went to take a Shabbos nap it was a bit harder (that's also when I used to do it ) and while it didn't get too intense, a thought escaped into my mind that hey maybe I can break it once and have that "pleasure" and then start again, but I quickly banished that thought because a) my previous history b) I really wanna change.

Anyhow long story short, I think I'm getting used to not watching things or masturbating, and some days might even go by with zero urges (specially if I'm super busy) but there are concerns that I might fall again, and also the fact that I let myself gaze for a few more seconds instead of just moving on. Its hard! Though I get some encouragement from the words of the Baal HaTanya in Chapter 27 of the Tanya.

many times...

On other notes:

1) did anyone here find the surfing the urge technique (the video with the waves etc.) in this website helpful? I'm sure some do, but when I used it once, I felt that it just makes me think about the urge more as opposed to pushing it away... or am I doing it wrong?

2) Thank G-d, I'm not currently involved in the following but I've had a hard time getting the correct definition:

Is pornography only when its full on nudity and acts of intimacy (This seems to be the definition that comes up when you google it) or is it even the typical love scene clips from movies etc.? And, which way does GYE define it when they refer to it?

3) (sorry if this is a dumb question...) what is the cumulative clean days in the 90 days chart? If I'm clean for 28 days, whats the 56 cumulative days exactly?

P.S. Mods if write anything that might be triggering to some please let me know and feel free to edit. I have a hard time figuring out what are the actual limits.

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Re: Let's do it!

Posted by chosemyshem - 09 Sep 2024 14:29

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[yeshtikvah85 wrote on 09 Sep 2024 03:34:](#)

Incredible progress! Keep on crushing it!

On other notes:

1) did anyone here find the surfing the urge technique (the video with the waves etc.) in this website helpful? I'm sure some do, but when I used it once, I felt that it just makes me think about the urge more as opposed to pushing it away... or am I doing it wrong? Do what works for you. I'll share what works for me. Pushing it away takes a lot of self-control energy. Feeling the urge and **recognizing that I don't have to give into it** does not take so much energy. I don't do the whole waves thing, but I often actively accept that I'm having the urge, recognize that it's fine to feel an urge, and remind myself that I don't have to give in.

2) Thank G-d, I'm not currently involved in the following but I've had a hard time getting the correct definition:

Is pornography only when its full on nudity and acts of intimacy (This seems to be the definition that comes up when you google it) or is it even the typical love scene clips from movies etc.? And, which way does GYE define it when they refer to it? The 90 day chart has rules (vaguely defined as "improper sites). Halacha has rules (any intentional looking at a women's body would be a violation of lo sasuru). What triggers you is for you to decide. The recent GYE emails covered a concept of "red zone, yellow zone, green zone" you might find helpful.

I personally have zero comprehension of the line between a love scene in a movie and porn. The line between seeing this part of the body or that part, this specific act or that, is just too arbitrary. This is probably because for a very long time I would watch "love scenes in regular movies" just to stimulate myself. It became like a whole pattern. So for me, I consider intentionally watching a scene like that a fall.

3) (sorry if this is a dumb question...) what is the cumulative clean days in the 90 days chart? If I'm clean for 28 days, whats the 56 cumulative days exactly? There are no stupid questions! (In theory. In practice we'll let you know when you are being dumb). Cumulative clean days are the amount of days since you started tracking. So if you are clean two weeks, fall for two days, and then are clean another two weeks, you'll have four weeks of cumulative clean days and a two week streak.

P.S. Mods if write anything that might be triggering to some please let me know and feel free to

edit. **I have a hard time figuring out what are the actual limits.** Famous last words

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