

90 Days-Be"H, But I can't do it w/o YOU by my side

Posted by mesayinoso - 17 Jul 2025 13:15

Hi everyone!

Looking for some support and Chizuk on my 90 day journey. (You can check out my [Story](#) in the "Introduce yourself" section)

After about a 2 month streak of no M I fell for a few days. BH no P for over a month.

Back on track now, day 4 of no M!

I have an Amazing Mentor.

Started reading TBOTG, great book.

I've read pretty much every Shmiras Einayim book out there, but this is something else.

I find that most of my struggles with M are when I go to bed at night, even if I was careful not to be "Looking around" all day.

I'll lay down, finally relax, and **BOOM** the YH is there: "Come on, you need it to relax", and "Just one more time never hurt anyone, you can always get back up, you have the GYE Forum to support you" and "If you 'fight' me for the next 10+ minutes you'll just be more tired tomorrow so just get it over with, act out now, and then you can fall asleep".

Anyone have similar experiences? What works for you?

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side

Posted by vehkam - 17 Jul 2025 13:20

It may work to create a new bedtime routine. Don't "relax" or have empty time in bed. Use the bed to sleep. Read or learn or listen to something productive when you get into bed if you don't fall asleep within a minute or two.

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side

Posted by BenHashemBH - 17 Jul 2025 13:38

Shalom Brother mesayinoso,

Sounds like you are working hard - keep it up!

I struggled with rationalization and crossing small lines, like touching but only a little, or not going to 'finish' that almost always led to masturbation by the end.

It helped me to make up my mind that no amount of touching or stimulation is ok. Once I firmed my resolve not to play games on the slippery slope, it helped me maintain that all forms were off limits. When I am in bed, no hands below the waist, full stop. Don't give it an inch of space. If you feel a pull, lock your fingers together near your head or under your pillow for a few minutes and think about something else - maybe say Shema and think about the words.

Hatzlacha and Kol Tov

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side

Posted by mesayinoso - 17 Jul 2025 14:33

[vehkam wrote:](#)

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Thanx for your response! Just seeing people respond really helps, but:

I tried this a while ago (Like 5 yrs ago) and I found that it worked for a bit but once the YH figured out what I was doing he just only came after I finished reading/learning at which point I

would go back to the book/sefer and the cycle would repeat itself until I gave up. In fact, at one point I was learning in bed until I literally fell asleep on the Sefer... which, besides for making me really tired the next day, only worked for a few days, at which point the YH somehow made me start thinking about M **while** I was still learning...

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side
Posted by mesayinoso - 17 Jul 2025 15:03

[BenHashemBH wrote:](#)

I will deff try this, I especially like the Shma Idea.

Thanx for the Chizuk and idea!

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side
Posted by vehkam - 17 Jul 2025 16:44

[mesayinoso wrote on 17 Jul 2025 14:33:](#)

[vehkam wrote:](#)

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if a book/sefer doesn't work, you can try listening to speakers that you find interesting or even music. you can mix it up too. the main thing is to keep your mind occupied as best you can.

wishing you lots of success

vehkam

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side
Posted by hashemisonmyside - 17 Jul 2025 17:38

I would try doing something to distract you, listening to some hotline (kosher of course) on the phone or reading something interesting....

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side
Posted by mesayinoso - 18 Jul 2025 13:39

BH! Day 5.

I won't be able to post again till Sunday, so giving an update now.

Still need some help with unobjectifying woman, where can I find a shiur/article about that?

But my main struggle is when I get into bed at night and I want to go back to my useless and unhelpful, yet addictive, pacifier of M.

I lay there and I'm arguing with myself:

Me A- I need this to help me fall asleep.

Me B- No I don't, I'm just used to doing it.

Me A- Ok maybe I don't NEED it but I really want to, it feels good.

Me B- It only feels good for those few seconds, and then I feel like garbage after cuz I can't control myself.

Me A- forget the after, right **now** it will feel good, and then you can go to sleep.

Me B- But I'm not really doing it for those few seconds, I'm doing it to make you, Me A, go away and stop bothering me

Me A- Ok so do it already!

Me B- but you're only gonna go away temporarily for tonight, you'll be right back tomorrow, if not 10 minutes later, and you're gonna leave me to deal with myself feeling like I'm not in control, unhappy, far from hashem and my wife.

Me A- You're overthinking it, just do it! it feels good!

Me B- No! Go away! I hate you! Hashem help!

Me A-....I'm still here...

And repeat

Somehow I BH didn't do it last night, **but how is this supposed to work long-term? When will Me A stop piping up? The fight is exhausting.**

Your struggling brother, MesayinOso

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side
Posted by abieham - 18 Jul 2025 14:26

Amazing each day is a victory!!

I also struggled with this, not that I needed to masturbate in order to sleep but rather that was my only quiet time the whole day so I relaxed with that.

I was inspired to stop 2 years ago because I planned a trip to e"y and I wanted to be clean for it. Baruch HaShem I'm still clean maybe with one slip.

so maybe reward yourself with something....

another suggestion is to recognize before you go to bed that it's a battle zone so like everyone else said be prepared

it's very hard to break away from it but when you do ,you won't want to go back.

hatzlacha

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side
Posted by BenHashemBH - 20 Jul 2025 11:59

[mesayinoso wrote on 18 Jul 2025 13:39:](#)

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Your struggling brother, MesayinOso

Shalom Chaver,

Try mentally reviewing your reasons for stopping while not in the makom nisayon - even better to write them down. Come up with an image or mantra, or both and tie it to those thoughts. Review it to strengthen the connection. When you are in the makom nisayon, don't get into the argument right then, summon your image or mantra as many times as needed to silence the other voice without giving space for answers and rationalizations to what you already reaffirmed your position is. "Me A" will quiet down with time. Talk to him when you are both in a calm space, not when he's all excited and you are tired - that may save you some energy.

Hatzlacha

(FYI, I read about imagining the fire burning on the Mizbeach in a shemiras einayim sefer (either Enlighten Our Eyes or Positive Vision), and that's what I use as my image. For a mantra, I say Shivisi Hashem l'Negdi Samid. Whatever holds deep meaning for you will work. It's important to think about it a lot when you are in a healthy space so that it is both easy to call forth and carries enough of an impact when you need it).

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side
Posted by mesayinoso - 21 Jul 2025 13:04

Day 8!

BH!

Struggling ~~but~~ *and therefore* still going!

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side
Posted by mesayinoso - 23 Jul 2025 13:01

Hey everyone!

Day 10 Be"z!

Feeling kinda dull, cuz at any given moment, I'm either fighting an urge, which is not fun, or I'm not feeling anything/forgetting about this whole journey and just living my life like normal -Which is the goal, so, yay- but there's no Geshake feeling of "I'm free" in that...

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side
Posted by BenHashemBH - 23 Jul 2025 13:09

[mesayinoso wrote on 23 Jul 2025 13:01:](#)

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Shalom Brother,

When you fight off the urge successfully, how to you feel afterwards?

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side
Posted by mesayinoso - 23 Jul 2025 13:31

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Re: 90 Days-Be"H, But I can't do it w/o YOU by my side
Posted by BenHashemBH - 23 Jul 2025 13:34

[mesayinoso wrote on 23 Jul 2025 13:31:](#)

Warning: Spoiler!

Any spark of feeling good about it?

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