

crash land

Posted by tryhard - 15 Sep 2011 04:12

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Im on the verge of tears as i write this and shaking from the experiance. I just lost a 17 day fight but i cant really say when I look back im happy in fact im upset in how this fight got lost. another reason im posting is im to scared to tell anybody about my problem so please help me out.

My most recent fight started 17 days ago and i was really into it following someones advice from gye i understood where my problem was coming from and in truth i have to say it started when i was about 8 years old. i enjoyed playing with my self and when ever i was upset and in need of some consoling it helped me out. i guess i can add here that i dont have a very good relationship with my parents and that only made things worse. I only realized something was really wrong when was about 14 and for about 5 years i tried everything i could to stop, i can probably write a book with all the ideas i had from fasting to daily reminders and the list goes on and on. all this time i never got "caught" or spoke to anyone about it and then over this summer after overhearing about gye i got signed up. i fell a couple times but i helped alot. And then came tonight, i figured out how to bypass k9 on my computer well actually delete it and when straight to looking at porn i then told my self that what ever happens i will not masturbate. well that didnt work to well and whithin a few minutes the fight was allover and now i just had to clean up. now 2 weeks before yom hadin i have fresh pictures in my mind and my whole fight seems lost i feel no pain in it happening again and im really scared of whats going to happen. This also one of the only times that i looked at porn just because previosly i looked to help mend my broken heart that was looking for some love and care. and yes after every time i hated my self for what i did but couldnt stop. and now after trying and failing AGAIN i am really am at lost if this is something i can conquer or just push off as much as i can but always fall at sometime maybe later then before but none the less fall.

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Re: crash land

Posted by tryhard - 18 Sep 2011 05:41

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[Yossi.L. wrote on 16 Sep 2011 20:00:](#)

[tryhard wrote on 16 Sep 2011 19:00:](#)

thanks guys for the support i will try to email them

have a great shabbos:)

**The fact that you failed yesterday has no implication on who you are today unless you allow it to.**

wow thanks never though about it quite that way thanks for the support

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Re: crash land

Posted by tryhard - 18 Sep 2011 05:43

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yedid nefesh thanks for being there but i also need to be there for you. so keep in trying and its never to late to fix our problems hatzlocha

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Re: crash land

Posted by wantingtostop - 18 Sep 2011 07:28

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Tryhard -

You are an inspiration, for caring so much about this! Just think about how proud HaKadosh Baruch Hu is of you for wanting so badly to improve yourself!!!

Keep going, and remember - each moment that you are clean is a MAJOR success!

WTS

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Re: crash land

Posted by tryhard - 20 Sep 2011 20:34

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this is true but the pulling is not going so easy my whole look on p&m needs to change some for me to be completely change so keep the ideas coming

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Re: crash land

Posted by kidushashem - 20 Sep 2011 21:36

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I think your view on P&M will be more likely to change only once you've got a good amount of time clean. What you've got to do is realize that you are giving yourself fake meds and ignoring the world around you. You're living a fake reality.

What I've been doing is telling myself that doing P&M is gonna make me miserable b/c it's gonna distract me from all my priorities, it's gonna distract me from my relationships with friends and family, it's gonna make my mind go wild and cause all sorts of mental havoc.

I'm not willing to do it even once b/c then there will be nothing stopping me from doing it again. In fact, my desires will be stronger the more I do it and the habit will be more ingrained with every time I give in.

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Re: crash land

Posted by tryhard - 21 Sep 2011 01:05

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kiddush hashem

what do you do when it just pops into your head. i have to say most of the time i dont think it out

Re: crash land

Posted by kidushashem - 21 Sep 2011 09:05

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I have two general fences: don't *look*, don't *think*.

Generally, I don't go through my whole cheshbon of why I don't want to do it. It's lengthy and mentally demanding. When the thoughts come, I just push them out. I tell myself "I know that I don't want to do this. I've thought this out many many times and know that it will be damaging for me. The fact that I want to do it now is gonna pass and doesn't reflect what I really want". Then I distract myself. If that's not enough, then I have to do an actual cheshbon.

Usually I come up with something like: "I'm feeling like I want to do P&M. This is b/c I am feeling restless and bored. But that's just my body urging me to do it. / don't want to do it. So let's calm down. I'll do something relaxing to get rid of my body's urge."

When your realize that it's not *you* who wants to do it, rather it's an urge that's coming from your dissatisfaction in your current situation, you can deal with it by treating your problem in the correct way. Acknowledge that you have an issue and solve it, instead of burying the issue inside and making yourself feel good with P&M.

You haven't told me about your specific issues. Are you an obsessive thinker? How's life in general? What do you do specifically when you act out?

I have OCD and I have to deal with obsessive thinking and anxiety which compound this issue manyfold. I have experience in mind control to deal with this.

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Re: crash land

Posted by JackAbbey - 21 Sep 2011 11:15

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why cant you just say NO NO NO, no expalations & no arguments just point blank shooting!

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Re: crash land

Posted by kidushashem - 22 Sep 2011 20:16

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[Shmeichel wrote on 21 Sep 2011 11:15:](#)

why cant you just say NO NO NO, no expalations & no arguments just point blank shooting!

That works very well sometimes. Other times I get a response "YES YES YES".

The problem is that my mind says "what do you mean no? do you have an explanation or are you just saying no for no reason?"

As I write this, I see the absurdity of the argument. Of course I have all the explanations in the world... Because my mind is so wild and obsessive, I might have a harder time than most people in this area. My mind is very very active. Very analytical, constantly calculating, judging, interpreting.

It's a huge advantage and a huge disadvantage. As I said, I'm working on training it and reigning it in after so many years of Hefker...

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Re: crash land

Posted by JackAbbey - 26 Sep 2011 14:57

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i know what you mean, i can relate to that sort of struggles, nobody has it easy

i was once in a superstore i overheard one of the staff talking to his freind telling him that he thinks that he has the thoughtest job in store, his freind answerd him that he was just gona say that on himself, and now he can see that everybody thinks that his experience is the worst, i learnt a lesson for life

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Re: crash land

Posted by Yossi.L. - 26 Sep 2011 20:21

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It's not so much about fighting the battle when it's already in progress; it's about preempting the battle with early preparation so that there won't be a war at all.....you have to set gedarim.

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