

I need advice about getting clean

Posted by mikvehmayim - 21 Aug 2017 23:41

Hi there, I am looking for advice. I recently installed a gentech filter on my phone - this has been a great step for me, and I have not viewed nudity since I installed it. I have been Motzei zera livatala since installing, but definitely far less. I am feeling like I am in a way better spot having this installed in my phone.

I have a hard time at night, going to sleep with the issue of being motzei zera.

I want to try to go 90 days "clean", but here is the question. Should I try for 90 days without viewing porn/nudity, and then after that take the step of also no hotzaas zera, or should I try to get totally clean all at once? I understand that being motzi zera is a basic part of the addiction, on the other hand, maybe it is most effective to go in steps. My experience in life is that it is best to grow in steps...so I am not sure what is the best way to try to get clean... What are your thoughts/advice?

mikvehmayim

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Re: I need advice about getting clean

Posted by Markz - 22 Aug 2017 00:22

[mikvehmayim wrote on 21 Aug 2017 23:41:](#)

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I don't think that's a step of AA 12 steps

You're asking if you should take 1 step backwards in order to move 1/2 a step forward. Ain't gonna get anywhere...

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Re: I need advice about getting clean
Posted by GrowStrong - 22 Aug 2017 16:28

[Markz wrote on 22 Aug 2017 00:22:](#)

[mikvehmayim wrote on 21 Aug 2017 23:41:](#)

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You're asking if you should take 1 step backwards in order to move 1/2 a step forward. Ain't gonna get anywhere...

I have to humbly submit that I was able to break the obsession with porn (with no program) by combatting porn on its own before dealing with masturbation, and our good friend (bb) did the same thing but the opposite way around with porn but no masturbation (a mystery to me how that's possible) but if you are very serious about moving forwards and feel that this will work for

you then there is some wisdom in it... as long as you understand that the end goal is giving it all up...

See my first post on my personal thread where i was not convinced i had to quit masturbating still, but now i realize that its the ultimate in selfish action. But it took me a while to get to there.

Again to clarify this is not an orthodox way of doing things.

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Re: I need advice about getting clean
Posted by Gevura Shebyesod - 22 Aug 2017 17:27

Do you mean orthodox or Orthodox? Or both?

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Re: I need advice about getting clean
Posted by GrowStrong - 22 Aug 2017 18:30

Even though none of the actions are Orthodox

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Re: I need advice about getting clean
Posted by mikvehmayim - 22 Aug 2017 19:07

Thank you very much for your thoughts. I tend to think that it is good to take things on in smaller pieces. Not looking at porn feels more attainable to me immediately, though obviously masturbation is part of and feeds the lust. Maybe it could be helpful to make a clean break from looking at nude images and then start building on that. Sounds like that has been your experience. Thanks....

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