

Diary and thoughts

Posted by battle-of-the-gen - 21 May 2020 16:15

Hey,

So I've been on and off GYE for a year and halfish and have had varying levels of success during my tenure(anywhere bet a week to a month).

What I realized recently was I never actually sat down, read and processed the GYE handbook. So I've decided to commit to a daily reading of the handbook and eventually formulate a plan to making a lasting change.

In this thread I'm going bzh log my daily encounter with the yetzer hara and mention the part I've read of the handbook with my ?????(thoughts) on them. If anyone would like to add their own ideas on the piece, please do so. I'm going to do a faster more cursory read of the book first time(just to get the full picture) and then I'm going to go back a second time and read it slower and implement the tools.

Hopefully, thinking about it, rewriting on the thread, and shmuzing with GYEers will help me internalize it and have a lasting impact.

If anyone has any advice, tips, or tools on how I should go ahead and do this, I'd greatly appreciate it. Feel free to reach out on the thread, PM, or email(boftheg1@gmail.com). I'd also be interested in shmuzing on a daily basis.

Beshem hashem naaseh venaatzliyach

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Re: Diary and thoughts

Posted by Hakolhevel - 02 Jun 2020 12:41

There is a saying here. The first look is on G-d the second look is on you.

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Re: Diary and thoughts

Posted by yosef10 - 03 Jun 2020 00:48

Yea, stay safe inside tonight. The only thing I would suggest is that you take a long hard look at the content you allow... Whether your fault or not, to come onto your screen. I can say that my

last streak was broken because of kosher triggers, those little things that chipped away at my resolve... Which eventually left me falling. I'm not saying to not look at news of course, and I may be extreme... But I can tell you for myself until I deleted all news, browsing, shopping on my phone I couldn't stay clean.

You say news doesn't really interest you, so your already I'm a good position, of course the first look is never on you, but if you walk down a street of pritzus and see something "by accident" it's up to us to really see if that's the truth, and why we allowed it.

Lifey Aniyus Daytee, I think you should delet Twitter. It's a non Jewish platform with so much shmutz, and we all know even if your looking at clean news, or sports... For every 5 minutes spent scrolling through the feed its inevitable that you will see something of pritzus and triggering. Why walk down that path in the first place.

I sued this same philosophy for myself with music streaming apps. I'm only gonna listen to kosher music, but every so often against my will a new Apple Music artist will be advertised with her picture... Not something someone who is struggling really needs. I deleted Apple Music on my phone and canceled my subscription. For myself I made s concious decision that I'm going to try to make this as easy as possible for me, and when a real fight comes I'll have the energy to say know because those little things were never chipping away at me.

Im also not saying it's an easy decision, in order to be clean we really need to give up a lot. It's usually the small acts that can end up having huge effects in our recovery. Although I might say that that picture isn't your fault, what I will say is that it got you to think about porn... Something that would not have been brought up otherwise.

Again, not trying to be pushy, sorry if I came off that way.

Let me know what you think.

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Re: Diary and thoughts

Posted by ??? ????? ????? ??? - 03 Jun 2020 01:16

[battle-of-the-gen wrote on 02 Jun 2020 04:55:](#)

I wasn't going to mention it bec it was so short and quick but I just thought I have to be honest with what happens and this was the situation. Would this be considered a fall?

I love the honesty. You are holding yourself to a really high standard and I think that is great. I

don't think it is considered a fall. You didn't want to see it.

The only thing I would suggest is that you take a long hard look at the content you allow...

... in order to be clean we really need to give up a lot

I appreciate what you said, yosef10. I myself try to have some standards. Tonight someone sent me a link to a Facebook post and I had to tell him to copy + paste and send me an email as I don't have access to Facebook. I don't have access to an Internet browser on my phone.

That being said, I would like to provide a counter-argument based on my own personal experience. When I have blocked more access on my computer, I have just turned to others' devices that are unfiltered to do those non-pornographic things and then one thing leads to the next. It took me a while to realize that. For a time, I would use my wife's computer (unfiltered, but password-protected and I don't know the password). "Can you open up your machine, so that I can do *insert non-pornographic thing here*?" "Sure!" Next thing you know... Now, I have a lot more access on my machine, which does include some things like news that can have triggering images or even headlines, but I have no need to use an unfiltered machine. In fact, it has been months since I have used my wife's machine. Just another perspective...

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Re: Diary and thoughts

Posted by battle-of-the-gen - 03 Jun 2020 02:49

@yosef10 and ??? ???? ???? ???, I hear both responses and I hear both sides of the coin. Happens to be I'm not a member of twitter, or any social media (unless you consider Whatsapp) and BH its not a place where I've had issues with(Used to have snapchat a while ago but then it started getting so inappropriate with the live stories and news thingys and I dropped it). I happened to have been scrolling through twitter(account-less) over the past couple days bec they had some really juicy footage of the riots/looters(apparently they have other juicy stuff there too lol) . The device I use has webchaver to one of rebbiem, but doesnt have a filter due to college purposes. I find that my rebbe getting screenshots of what I'm doing(through

webchaver) is enough of a "filter" for me and I haven't have had any issues with my personal device yet. I actually feel quite safe using it knowing I won't check anything too triggering bec my rebbe is "watching".

I'm basically finished making a contract that is gonna bzh stop me from using the other unfiltered devices in my house which is my main access-point.

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Re: Diary and thoughts

Posted by Meyer M. - 03 Jun 2020 03:53

[yosef10 wrote on 03 Jun 2020 00:48:](#)

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100% correct, as for walking in the street, I've found if you ignore and don't linger on a sight, it can't control you. If you're in a pretty bad part of the neighborhood (e.x. Manhattan) then try to walk looking down, yeah yeah "I look so stupid", "that's not for me, that's for the big Gedolim". Say whatever you want but it works

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Re: Diary and thoughts
Posted by battle-of-the-gen - 03 Jun 2020 05:12

BH another clean day in the books. More good news, after mentioning a bunch of days ago that my my eyes were a bit more wary of my surroundings, I think I'm starting to transition back to normal. When I went out today, I was less focused on looking around and just more myself BH.

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Re: Diary and thoughts
Posted by battle-of-the-gen - 03 Jun 2020 05:27

Tool #5 in the HB is Alternative Fulfillment

Porn and masturbation feels good; there's a certain fulfillment that our bodies get (and come to crave) when we do it. BH we know that this isn't what we are here for. We were given this drive for fulfillment for other reasons (not for now), and when we JO we are miss-using it. This tool is to find something that satiates this gap of fulfillment. Find a chesed that we like doing. Add another seder on something you want to learn and find interesting. Start a project in your house or at work that is accomplishing and motivating.

Another idea it mentions is to get a geshmak and a warmth from oneg shabbos/yom tov and zemiros. Have kumzetzim. Find geshmak in areas that feel good and don't come with a price (of guilt and shame). And feeling productive makes you feel so much better.

Btw for the record

ful-fill-ment

noun

1 the achievement of something desired, promised, or predicted: "winning the championship was the fulfillment of a childhood dream."

• **satisfaction or happiness as a result of fully developing one's abilities or character:**
"she did not believe that marriage was the key to happiness and fulfillment."

What a horrible example lol

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Re: Diary and thoughts
Posted by battle-of-the-gen - 04 Jun 2020 01:29

BH another good day in the books, the battle is moving slowly away from the forefront of my thoughts and slowly to just not having an urge. Right now the thought of mast or porn, doesn't even get me excited. Like I really don't wanna do it because of how destructive it can be and I want to put the chapter behind me so badly. I'm assuming a trigger might do some damage and knock me out of the mindset, but hopefully not.

The 6th tool in the GYE HB is Physical Activity

So much of wanting to jerk off is a everything inside of you building up and a need of a release. Whether it be a studying for college, just being bored for a while, the stresses of life, or seeing a bunch of triggers, masturbating can be a feel-good release. Therefore, physical activity can be huge. Its the body releasing in a healthy manner(theres science to prove it with runners high and other stuff). If your like me, and like playing sports, then playing ball is such a good). You feel good about being productive because your physically being healthy(and productivity is also another major key) and your releasing so much vent up frustrations and energy inside. Getting into a habit of exercising on a consistent basis can go a long way(It can be one of those habits you pick up when breaking this one)

Stam I think its probably a good idea to be mekabel to go jogging or some other physical activity for 10 mins or something every time before you jerk off, bec it can also get your head in a good spot and focused on something else. (maybe something I'll do later, if needed)

Another good point the HB mentions is that sometimes we feel lazy and tired and not down to exercise. The way to get in the mood is to just go. Once your out there, youll get in the mood and when your finished youll fell so good.

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Re: Diary and thoughts
Posted by battle-of-the-gen - 04 Jun 2020 01:32

2 weeks clean!!!! Ideas for celebrating?

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Re: Diary and thoughts
Posted by Hashem Help Me - 04 Jun 2020 12:52

[battle-of-the-gen wrote on 04 Jun 2020 01:32:](#)

2 weeks clean!!!! Ideas for celebrating?

Yeah buddy, reach out and start helping others. It gives you better feelings than the best ice cream, steak,.....(or than the most erotic acting out)

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Re: Diary and thoughts
Posted by yosef10 - 04 Jun 2020 23:48

[battle-of-the-gen wrote on 04 Jun 2020 01:29:](#)

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feeling(football or basketball... 1 on 1 any day

I also fund for myself that committing to too much is a great way to not be active. If I tell myself I'm going to go on a 5 mile run... Probably not gonna happen. A mile walk might be more enticing.

Also so in terms of celebration, aside from getting help from others, I would suggest building up your confidence and seeing where you came from. Look through your old posts... Be proud... Aside from that, indulging because of good success is always a positive if you do it right. Buy a new safer or book, a cool pen... Something not crazy expensive but something you'll apriciate, make good associations with success in this inyan.

disclaimer: anything inherently or even slightly destructive... Likewatching poor a don masterbating isn't a reward (sounds dumb, but it's happened to the best of us, (or worst, cause))

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Re: Diary and thoughts

Posted by battle-of-the-gen - 05 Jun 2020 05:41

BH another clean day. I do have a feeling that this attempt to break mast/porn is really going to be the one. While it may always be a part of me and it'll always be underlying waiting to roar its head, and even chas vesholom(bzh it wont happen) if I do fall, I think the things I picked up, learned, and the mindset I have right now, will always be attainable and I can return to it. (The network of people I can reach out to, the messages and mindsets etc.) I hope I'm right. I'm gonna daven I'm right. (Part of the feeling comes from that my urges aren't so strong, and when I do see a girl accidentally in the street, I'm not so triggered, I'm able to look away and just think about something else)

Tool #7 in the HB: Making Fences

Making fences is common sense. If theres a edge, then we don't leave it open assuming no one's gonna fall over. We make one so no one should ever get there in the first place. So one way of doing this being is mekabel to do something BEFORE you jerk off(call your mom, jog for 15 mins etc). The book gets involved in making nedarim and shevous to uphold those fences, and I dont feel qualified to get into doing that(even though I'm learning nedarim this zman) so I'm just gonna say make a strong kabbala and hold yourself accountable to keep it(maybe tell a chaver or mentor about it)

You can also make a "punishment" for falling. Something uncomfortable. Take a cold shower, push ups etc. The kabbalh should be hocked with a mentor and someone who has made them before and will hold you accountable.(quick shoutout to TaPHSIC which I've heard a lot about but still don't know what it is)

I think these fences go hand in hand with honesty and accountability. Bec your here for yourself. YOU(talking to myself) want to change. And if YOU don't get it done, YOUR the one paying the consequences(here and up there). So no playing games and tricking the system bec who you fooling. And as you keep up these "Pre or Post game" workouts up eventually theyll work.

?p.s Figure out something based on your personality that works. Its not one size fits all, figure what makes you uncomfortable but still doable. Speak it over with people.

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Re: Diary and thoughts

Posted by yosef10 - 05 Jun 2020 14:01

I really like that ocnccept of post game workout. Something I found from my last fall was that I trusted myself too much... Whether I was subconsciously wanted more, or I thought it was done

with, I think it would be best for me to make a resolve to walk away from the computer and maybe go for a walk right after the fact.

Than,s so much for the insight, have a great Shabbos.

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Re: Diary and thoughts

Posted by battle-of-the-gen - 05 Jun 2020 20:58

Bdchasdei Hashem another amazing day. I was able to get out and ball a bit, so that was productive and reliving.

Bit busy erev shabbos so no piece from the HB.

Everyone have a geshmak warm and hartzig shabbos. Get that wholesome feeling from zemiros, spending time with your family, and some torah.

Remember Hashem loves you and Battle on!

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