

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 venaatzliyah

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Re: Diary and thoughts

Posted by battle-of-the-gen - 11 Jun 2020 22:49

Continuing in the HB

TaPhSiC Method

So we came out that there are certain spiritual and non-spiritual repercussions that we know and believe will happen if we fall, but we still do it either way.

So what would stop us?

We know there are things which we would never violate. Spiritually speaking:

Warning: Spoiler!

So we see there are spiritual repercussions we care about(albeit the extreme ones) and we do have yiras shmayim when we believe strong enough.

Theres also non spiritual repercussions that can stop us for example

Warning: Spoiler!

So to sum up: Although the “normal” repercussions, both short term and long term, are not enough to stop me, there still do exist both spiritual and non-spiritual repercussions that WOULD stop me, if they were big enough and immediate enough.

the key to taphsic is to find the balance.

The idea is you make a shavoua that if you fall there is a certain immediate and uncomfortable repercussion that you MUST do. What that is repercussion is can vary from person to person, it can be giving money to tzdaka, telling a rebbe, withholding a certain pleasure you normally have(sugar in coffee etc), or anything that will be a deterrent from falling. At first make it for a short time, then if it works, you can extend. And if it doesnt deter you from falling then you have to readjust.

Disclaimer: Im no rav so IDK the hilchas of shavoua. Seems like a very serious inyan and you should ask some type of rabbinical authority before you make any. (It is kinda the whole point why your making the shavous that since its so serious to violate, basically all frum people will uphold it and follow thru with the repercussion)

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Re: Diary and thoughts

Posted by Hashem Help Me - 12 Jun 2020 03:59

BOG, you write well!

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Re: Diary and thoughts

Posted by battle-of-the-gen - 12 Jun 2020 05:16

BH another clean day. Finals are over and I went thru them without masturbating once. Pretty impressed. Def helped that my mind was preoccupied but until now I would fall a lot during finals.

However, now in search of some down time to cool down from finals, Im feeling a little more of an urge, but for now its under control.

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Re: Diary and thoughts

Posted by BHYY - 12 Jun 2020 13:52

That is an amazing accomplishment. I'm also in finals now and it isn't easy. Getting through them without masturbating is reason for some serious celebration!

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Re: Diary and thoughts

Posted by battle-of-the-gen - 12 Jun 2020 22:16

BH clean day.

Everyone have a great shabbos and be geshmak! Hashem loves you!

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Re: Diary and thoughts

Posted by battle-of-the-gen - 14 Jun 2020 05:56

BH clean shabbos. Bzh I will soon be joining my yeshiva upstate on a rented grounds so I wont have access to unfiltered devices. Really looking forward and hopefully itll help accelerate this "detox" from porn and mast.

Continuing in the Taphsic tool

A more powerful version of the taphsic method is the "double fence". This basically means that you make a shavua that you must do something BEFORE and AFTER you fall. The idea piggybacks on the general inyan that if you fall theres a knas(and since you made a shavua its so chamir that you must pay up), but now theres another effective fence in play.

When we get the urge to JO it comes in this all encompassing manner that we must do it, nothing else in the world matters and nothing can stop us. Our mind LAZER focuses on masturbating. The double fence shavua is that we must do something BEFORE we JO(preferably a activity that gets your mind off masturbating, ex calling a GYE chaver, going on a run, speaking with your wife etc). If we do the activity before then the knas afterwards is less, but if we dont do the activity before then the knas is afterwards would be substantially greater.

This incentives us to do the activity before and which hopefully dies down our urge and we wont masturbate at all. **It attacks the yetzers notation that you need to masturbate NOW. No you don't. Wait. Chill. The world isnt ending and it isnt going to if you don't masturbate. Just get over the initial hump and frenzy. Do the activity and with Hashems help you'll regain clarity of whats what.**

The HB says that this is a very successful method for someone to break the habit of masturbating and many frum ppl have used it and overcame it.

An example of a "double fence" is:

Warning: Spoiler!

The HB goes thru ideas and the exact nusach of how to make the shvua(ayin shom, check there).

If anyone does want to make a shvua speak to someone thats experienced with them, bec shavuas are intense and very chamir so do it with extreme caution.

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Re: Diary and thoughts

Posted by battle-of-the-gen - 15 Jun 2020 04:57

BH clean day, it was a day where I usually would fall(home alone) but BH clean.

Chizuk, ppl its possible!

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Re: Diary and thoughts

Posted by wilnevergiveup - 15 Jun 2020 05:22

Your thread gives everyone chizuk!

Giving others chizuk can be very powerful in being *mechazek* ourselves. Keep on being *mechazek* us!

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Re: Diary and thoughts

Posted by battle-of-the-gen - 17 Jun 2020 05:12

Hey sorry for being a little offline recently. BH my yeshiva kinda opened up on rented grounds so I have less time and access to the internet. BH so far its been amazing and Ive been clean.

If anyone wants to reach me Ill check the forum here and there but I can arrange some better method of communication, so just let me know your interested and we'll figure it out.

Ill try to keep up with my tidbits from the handbook, but ldk if I can do daily, so well see.

Tool #11 Accountability (my personal favorite so far)

Time to take it up a notch. This is where it gets real. You wanna stop but by yourself its too hard. SO hard. Theres this part you that more than anything wants to stop. And theres this other part of you that more than anything wants to do it. THATS OK. This battle is (usually) too hard for one person carry on his own.

Thats where accountability comes in. Open up. Speak with rebbe, GYE mentor, or GYE fellow-struggler(me). Go thru ALL your struggles(bec whats the point of holding back) . Every nook and cranny. Be SO honest with your partner that youll be shocked the words are coming out of your mouth, bec in essence it's being honest with yourself.

Youd be surprised how exhilarating it feels. To finally open up and lift that weight off your shoulder. A message, a forum, a phone call(Yes I just went there). Just speaking about, putting it out in the open, makes the struggle easier.

Build a relationship that you feel responsible to. Gain a friend. A lifelong lifeline.

I'm a big fan of this tool so Im going to continue with it next time.

BTW BIG shoutout and HUGE thank you to Hashem Help Me for everything youve done to help me so far. Mentor and accountability partner. May Hashem shower you with much brachos and all the sheifa possible for all the work you do on this site.

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Re: Diary and thoughts

Posted by battle-of-the-gen - 17 Jun 2020 05:14

[wilnevergiveup wrote on 15 Jun 2020 05:22:](#)

Your thread gives everyone chizuk!

Giving others chizuk can be very powerful in being *mechazek* ourselves. Keep on being *mechazek* us!

Thanks for the feedback! Really appreciate hearing I can help other people while helping myself!

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Re: Diary and thoughts

Posted by Meyer M. - 17 Jun 2020 12:54

Dont worry if you miss posting here for the summer, we all have lives to attend to as well and we all understand.

We'll miss you though!!

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Re: Diary and thoughts

Posted by battle-of-the-gen - 18 Jun 2020 04:16

BH another clean day. Starting to consider starting to date soon, gonna speak to some rebbiem and see what happens... definitely excited

Bzh ill post a HB piece tomorrow

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Re: Diary and thoughts

Posted by yosef10 - 18 Jun 2020 18:18

That's so amazing, we're all so excited for you. Just make sure it's with someone you trust and you tell them everything. Keep it up your on an amazing path.

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Re: Diary and thoughts

Posted by battle-of-the-gen - 19 Jun 2020 05:22

[yosef10 wrote on 18 Jun 2020 18:18:](#)

That's so amazing, we're all so excited for you. Just make sure it's with someone you trust and you tell them everything. Keep it up your on an amazing path.

So I havent decided if im gonna bring up this inyan or not.. still unsure but Im leaning towards not mentioning it.

Idk maybe if he mentions something Ill mention it... just dont know

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