

250 days clean and now It's gettin hard  
Posted by Nomore1 - 26 Oct 2020 20:11

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Hello! I need some help. I am single guy, with 250 days clean of masturbation, looking is still a fight and now I'm trying to hang out but the letzer hara's power its getting bigger and spring comes with hot temperatures and It's all worse.

I'm worried about failing because all the good things I've done won't be important anymore.

Any advice?

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Re: 250 days clean and now It's gettin hard  
Posted by Captain - 26 Oct 2020 21:15

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Read The Battle of the  
Generation <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation> to give you a boost every day. (Especially it will help you really feel that each victory is priceless and there's no way 250 days could be worthless.)

Also check out

Rabbi Shafier's incredible lectures on breaking free: The Fight. Download here: <https://theshmuz.com/series/the-fight/>

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Re: 250 days clean and now It's gettin hard  
Posted by anonymousmillenial - 26 Oct 2020 21:51

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250 days clean of masturbation! Wow!

First off I want to congratulate you! It must have been quite some struggle to get to where you are now.

You have gotten so far, don't give up now. Keep reminding yourself why you want to keep yourself clean. Sometimes after being clean for so long we can forget how hard it was when we were dealing with the fight and how frustrated we were when giving in. The yetzer hora tries to use this against us.

You say that you're worried that if you fall, all the good things you've done won't be important anymore. Personally I don't believe that Judaism is black and white. I don't think that that (Judaism not being black and white) should be an excuse to give in. But I do believe that if someone gives in it doesn't disqualify him and his every deed to be nullified.

I know it's hard. You've gotten so far, I truly believe that with dedication and prayer, you'll have the siyata dishmaya to continue doing great things.

PS: Personally I've found that posting here when weak can also really help as it keeps me accountable and there is always someone to give me chizuk. So my advice would be, whenever you're feeling a bit edgy, just keep posting.

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Re: 250 days clean and now It's gettin hard  
Posted by Hashem Help Me - 27 Oct 2020 02:04

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Welcome. You should be advising the crowd here! Maybe share how you got to where you are up to. As far as your question, a partner may be very beneficial.

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Re: 250 days clean and now It's gettin hard  
Posted by Gevura Shebyesod - 27 Oct 2020 03:31

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[Nomore1 wrote on 26 Oct 2020 20:11:](#)

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Re: 250 days clean and now It's gettin hard  
Posted by farblunjet - 19 Nov 2020 18:20

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Ooohh... You're in Australia! Was confusing at first. But 250 days! Wow! You gotta share some tips with us here!

~~Maybe come to the Northern Hemisphere for the next few months.~~  
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