

Back again for another try
Posted by fr33et - 22 Nov 2020 02:10

Hello everyone, I've been gone too long but I'm back trying again to break free.

I've been struggling with motivation and ambivalence. I made list of the reasons not to act out, but it doesn't seem to be enough. When I made the list, it's the part of me that wants to break free speaking. I wrote down pros and cons, but I knew that the reason I wrote them down was to convince myself to stop. So the part of me that wants to keep watching p... doesn't believe it. That part of me says, "You just made that list with an agenda, it's not an honest list of pros and cons, it's just a trick to make the cons side win. I don't believe it!" I don't understand how to get that part of me on board. If I internally yell at him and attack him, he just fights back harder. But I don't know what else to do. My behavior is unacceptable, so how can I accept the part of me that wants to do it? But if I refuse to accept him, he just fights back harder.

I hope this makes some sense and it doesn't sound too crazy.

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Re: Back again for another try
Posted by EvedHashem1836 - 12 Apr 2021 02:30

Definitely don't worry about wasting anyone's time on GYE - people aren't obligated to read what you post so if they don't want to they won't.

So pour your soul out over here

I've personally never been on a GYE phone call but im sure no one else listens it would be contrary to everything else they do

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Re: Back again for another try
Posted by Striving Avreich - 12 Apr 2021 08:16

For a windows computer, Techloq is by far the best. For a phone, there is gentech and netspark. I suggest visiting your local TAG office. If you'd like more information, I'd be happy to talk about it with you.

Not having a good filter is like putting an alcoholic in a bar and expecting him not to drink. Not that filters solve our problem, but if we don't want to continue, then why should we have access to those things?

Regarding Dov's call, definitely make the call. I mean for me I found speaking to him very helpful and I think the weekly call starts this week.

Also, R' HHM has helped many people here on GYE and I would definitely suggest speaking to him. If you would like his number, let me know.

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Re: Back again for another try
Posted by fr33et - 14 Apr 2021 00:05

BH, I am doing well the last two days. I have wasted a little time on the internet but nothing like I was before. Since it's a big improvement I won't count it as a fall. Because of this I was able to fit more Torah and more chores into my day and get enough sleep.

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Re: Back again for another try
Posted by fr33et - 21 Apr 2021 11:47

For about a week I was doing well, using the internet less than normal. These last two days, I've been one again wasting lots of time on the internet. It was kosher stuff, but this time I will count it as a fall. I want my streak to be really clean without time wasting!

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GYE - Guard Your Eyes

Generated: 14 June, 2021, 14:58

Re: Back again for another try
Posted by thetimeisnow! - 21 Apr 2021 13:56

Thats very honest of you! You inspire me to rid myself of time wasting as well!

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Re: Back again for another try
Posted by fr33et - 26 Apr 2021 00:11

I must report that I listened to inappropriate content and masturbated on Thursday. Yesterday (motzei shabbos) I didn't do anything sexual but listened to some podcast that was kosher but wasted my time. Baruch HaShem, I didn't waste time on the internet today. The truth is, I'm not sure how long I will hold out this time. But today I am fighting!

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Re: Back again for another try
Posted by Striving Avreich - 26 Apr 2021 00:19

Thanks for keeping us updated.

From my experience and I'm sure other people can echo the same thing, just "white knuckling" it doesn't get us anywhere.

I'm not sure how long I will hold out this time

When put like that, it's really hard. When put like, "I can't live life in a normal way when I masturbate so I want to live life in a way that I want. Let me figure out how to do that" it takes on a whole different meaning.

Hatzlachah

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Re: Back again for another try
Posted by EvedHashem1836 - 26 Apr 2021 00:37

When put like that, it's really hard. When put like, "I can't live life in a normal way when I masturbate so I want to live life in a way that I want. Let me figure out how to do that" it takes on a whole different meaning.

Agreed. At a certain point if you realize you keep getting short streaks but aren't getting anywhere you might have to look inside and remind yourself that youre doing this so you don't have to live this way the rest of your life and nothing will make this magically go away so you gotta be active and beat the yetzer hara

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Re: Back again for another try
Posted by Striving Avreich - 26 Apr 2021 02:28

I would say it's even for long streaks...

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Re: Back again for another try
Posted by fr33et - 26 Apr 2021 14:07

When put like that, it's really hard. When put like, "I can't live life in a normal way when I masturbate so I want to live life in a way that I want. Let me figure out how to do that" it takes on a whole different meaning.

Thank you for the guidance. I hear what you are saying, when I started my previous streak of a few months I was looking at it like that. At the time I really thought I meant it! But in retrospect I don't think I was being entirely honest with myself. And if I said the same thing now, I don't think

that would be entirely honest either. I've often seen suggestions to take it day by day, and I think the best thing for me to do is to ask HaShem for guidance each day. Right now I can't honestly say that I want to live my life without masturbating. I think there is a deeper difficulty in my relationship with HaShem that I have to address first.

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Re: Back again for another try
Posted by fr33et - 30 Apr 2021 02:12

Okay, so a lot of my ambivalence comes from this one site where I am tempted to gain access because of new videos. So I decided to redo the "pros and cons" chart, but focused on that one site. This has helped me to see more clearly what I'm trying to get out of porn and masturbation and thank G-d, the cons list came out much longer (and more heartfelt). I still think my top focus needs to be on davening, studying, and getting involved with my local frum community. But now I feel that I want a life without smut so with G-ds help I will be working on that too. Still, it's hard for me to deal with this back-and-forth in my heart. I pray that the holy point of view will win.

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Re: Back again for another try
Posted by EvedHashem1836 - 30 Apr 2021 04:02

The holy point of view will win, but the question is how do we actualize that reality and turn it from knowing it to doing it?

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Re: Back again for another try
Posted by fr33et - 03 May 2021 02:03

I haven't fallen with porn or masturbation Baruch HaShem, but last night after Shabbos and this morning I've been wasting lots of time on the internet, so counter goes back to zero.

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Re: Back again for another try

Posted by fr33et - 12 May 2021 01:35

I fell last night with porn and masturbation. After that I slept badly and today I felt sick---but I'm afraid to say I still wanted to masturbate. My mind keeps going to that one site. I have a strong desire to gain access to it. It's not even just about pleasure, because I was thinking that the pain of the day after is worse than the pleasure but I wanted to gain access anyway. It's like there's a feeling of conquest from being able to see those women and masturbate, and if there's more discomfort than pleasure, fine! Now I still can't get access BH, so I went elsewhere and masturbated, but in two weeks it might be possible for me to gain access! I'm afraid of what I'll do then.

When I was in shul davening or learning I didn't want the filth, I wanted to run as far away as possible but when I start living mundane life the desire comes back. BH at this moment I want to be holy, I don't want to give in, but I'm afraid of what I'll want tomorrow!

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Re: Back again for another try
Posted by DavidT - 12 May 2021 02:06

[fr33et wrote on 12 May 2021 01:35:](#)

When I was in shul davening or learning I didn't want the filth, I wanted to run as far away as possible but when I start living mundane life the desire comes back. BH at this moment I want to be holy, I don't want to give in, but I'm afraid of what I'll want tomorrow!

Forget about tomorrow, forget about the past. Now you're doing great and only that counts. If you'll have this attitude tomorrow as well, you won't need to worry about the day after tomorrow...

keep strong

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