

Will I really never see that again?

Posted by Lou - 06 Dec 2020 21:24

Hello Brothers,

I have been having a thought recently and I am wondering if this ever occurs to others. In our quest for tumah at times we end up also getting caught up with the society part of it as well. In other words if i watch a certain youtube personality,i come there for the tumah but I end up being interested in the latest video and news about them. (Note,I am trying to keep my words regarding this as parve as possible to avoid any triggering or anything like that,therefore I might sound a little vague). As I am working on getting clean,I sometimes think wow! will I never see that again?? Will I never see person again? Will I never see this genre of video again? There are more examples but you get the idea.and it can get overwhelming. I know the answer is just take one day at a time but just wanted to share this feeling with you all.

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Re: Will I really never see that again?

Posted by Grant400 - 06 Dec 2020 21:42

[Lou wrote on 06 Dec 2020 21:24:](#)

Hello Brothers,

I have been having a thought recently and I am wondering if this ever occurs to others. In our quest for tumah at times we end up also getting caught up with the society part of it as well. In other words if i watch a certain youtube personality,i come there for the tumah but I end up being interested in the latest video and news about them. (Note,I am trying to keep my words regarding this as parve as possible to avoid any triggering or anything like that,therefore I might sound a little vague). As I am working on getting clean,I sometimes think wow! will I never see that again?? Will I never see person again? Will I never see this genre of video again? There are more examples but you get the idea.and it can get overwhelming. I know the answer is just take one day at a time but just wanted to share this feeling with you all.

The point you are raising has loads of truth to it. I know exactly how you feel. As people know over here, and you can read it in my thread I was an insane regular movie addict. Watching at all hours of the night sometimes a few movies a day while keeping a normal schedule, which means I'd very often be up till 5:00 a.m. and only stop, because I would feel really stupid if my wife woke up and caught me again watching the whole night. I initially wanted to stop for a while (90 days) to break the addiction, mainly because it was taking over my life and getting out of hand, but after joining GYE and reading a little of the handbook, I learned what an impact it had on my lust levels. I realized that it may have to be longer term i.e. forever?!?

When I read that article explaining how if one wants to completely eradicate lust from his life, he must stop giving himself even the smallest tastes through movies etc. I literally laughed out loud and said to myself this ain't happening! There's no way in the world I am giving up my favorite pastime / addiction.

Well, that was my mind trying to comprehend something while it was entrenched in it. Of course it seemed insurmountable. The key is to stop deciding how we will feel in a month or two based on the way we feel now. As time goes on perspectives change (if we work on it properly). I am now heading towards 5 months of not watching anything alone, sometimes kosher stuff with wife, but no more of those...you know what I mean. Do I miss it yes! Is it a battle sometimes? Absolutely! But at the same time I have such a great appreciation for being clean and for the difference it has made in my lust levels. (And bedroom life actually, no more emulating false news in real life). So it's very much not the same battle anymore.

So yes, right now you cannot understand giving up certain parts of what you do, but that is with today's emotions and understanding. Stop looking so far in the past without taking into account the changes that will happen within and the perspectives that will begin to shift throughout this period of tremendous growth.

This is what we call ODAAT. It's not just a cliché. It's fundamental.

Grant

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Re: Will I really never see that again?
Posted by Lou - 06 Dec 2020 21:59

Thank you very much Grant!

Just to clarify one point. Watching movies and other entertainment like that are already bundled together with the real bad stuff in my book. So, I never (at least not at the current time! never is a strong word) had a thought that I can get rid of the garbage and just keep up following my favorite youtuber etc.

So the intellectual aspect of it is not a struggle for me. It is just the implementation...

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Re: Will I really never see that again?

Posted by Grant400 - 06 Dec 2020 22:04

[Lou wrote on 06 Dec 2020 21:59:](#)

Thank you very much Grant!

Just to clarify one point. Watching movies and other entertainment like that are already bundled together with the real bad stuff in my book. So, I never (at least not at the current time! never is a strong word) had a thought that I can get rid of the garbage and just keep up following my favorite youtuber etc.

So the intellectual aspect of it is not a struggle for me. It is just the implementation...

That's what I was addressing. The implementation seems intimidating because you're looking too far into the future with today's understanding. Start off slowly with today, tomorrow, next week without thinking too far in advance about how you will feel then. Reevaluate if you'd like in 3 days. You will feel different.

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Re: Will I really never see that again?

Posted by YeshivaGuy - 14 Dec 2020 05:52

How u been buddy?

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Re: Will I really never see that again?

Posted by Lou - 15 Dec 2020 05:14

Thank you for checking in Yeshiva Guy!

BH I am doing well. I know I probably don't post here as much as I should. I appreciate you checking in. I hope you are doing well. Glad to see you are approaching triple digits on your streak!

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Re: Will I really never see that again?
Posted by YeshivaGuy - 15 Dec 2020 07:27

Perhaps u can share with us a particular technique/mindset etc which has helped u thus far?

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Re: Will I really never see that again?
Posted by Lou - 15 Dec 2020 19:18

If I had what to offer,I probably wouldn't be back at day 0 now

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Re: Will I really never see that again?
Posted by Youngster - 15 Dec 2020 20:09

Hey hey hey...

If getting back to zero means you have nothing to offer we wouldn't have such a wonderful forum....

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Re: Will I really never see that again?
Posted by Zedj - 15 Dec 2020 20:52

Hi Lou,

Tomorrow is a new day.

There is no reason to think you have nothing to offer. Everyone can share something.

By the way, getting back to "0" isn't bad, it just means you maybe have to try something new.

Maybe perhaps kickstart your next round with a call to anyone of the veteran gye members?

Share your feelings, your down days and good days. Maybe even something you learnt

It helps me get to the next day I could assume it will help you to!

Happy Chanukah!

Wishing you hatzlacha on this round of being clean.

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Re: Will I really never see that again?
Posted by starting - 15 Dec 2020 21:03

You don't go 'back' to 0

Whatever you achieved on the last round is yours forever. Whether it was 1 day or 2 or 5, it is yours. Forever.

A treasure. Cherish it. It's yours and can never be taken from you.

Also, realise that it is a stepping stone to eventual great heights. That can also be an inspiration

to do it again.

So now, let's start the new streak: today is day 0, tomorrow will be one full day... which will be yours forever

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Re: Will I really never see that again?

Posted by YeshivaGuy - 17 Dec 2020 03:25

So nu? What are you struggling with? How can we help?

Speak to us!

Don't go through this alone.

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