

My journey

Posted by willdoit - 12 Jan 2021 16:01

Hello,

I am in need for advice, I Am up to 67 days clean b"H after being 150 days clean and fell.

I Am having it very tough for the last week, the urge to mb is literally unbearable, Keeping on pushing, but it's soo hard.

Wanna share what i'm doing to stay clean, and would really appreciate if someone would show me where i'm going wrong.

So when the urge comes I would work on being mindful, like, not chasing it away nor acting on it just letting it be and refocus to stay present at what i'm doing. However, the problem with this is that when i am not involved in doing something active, I just don't have on what to refocus and then the urge becomes so tough.

I would really appreciate your input.

Thankyou,

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Re: My journey

Posted by DavidT - 12 Jan 2021 16:11

Take each day, one at a time. Don't worry about next week. Don't even think about tomorrow. Just push through the day. You can go weeks free like this. It hopefully gets easier after a few weeks, but beware, the urge can become seemingly overpowering without warning - no matter how long you have been pure. Just push through it. Don't give in! Focus on some other important topic, pray, post on GYE and in a few minuets the urge will subside.

Keep it going strong!!

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Re: My journey

Posted by Sapy - 12 Jan 2021 17:46

Hi willdoit! And tischadesh on your own thread! Looking forward to hear from you!

I relate alot to your issue, my urges also lately come to me late at night in bed, when I'm not doing anything, so I relate to the issue of focusing on something else.

For me to de-objectify works great, it can even be if it's in your imagination, if a particular scenario comes up in your head try thinking about that person when they have a hard day, is down etc that helped me alot.

Also try to take a few minutes then of giving in your mind, like thanking hashem for the good things you have, I find that giving is a contradiction with lust in a way, and it changes my mode.

Best of luck! Keep us posted!

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Re: My journey

Posted by willdoit - 12 Jan 2021 19:30

Thanks@DavidT@Sapy, For your response.

Just a little update. Hashem gave me 2 hours of freedom from this monster (Urge), But now he is back again.

Wanna just share with you guys our dialogue:

Urge: Go mb now, YOU NEED TO RELEASE THE TENSION.

Me: I hear your suggestion, however don't wanna do it.

?Urge: Why not?? You need to explain, can't just say no without explanation.

Me: You may be right, however i am willing for now to do things that don't make any sense.

Urge: Well I'm not leaving you alone, ill chase you the entire day.

Me: Ok, No problem, make yourself comfortable here. but hope you don't mind that i wont get into any further discussion with you, so whenever you pop up ill just say hello and will move on and stay present and refocus on my surroundings.

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Re: My journey

Posted by starting - 12 Jan 2021 21:33

[willdoit wrote on 12 Jan 2021 19:30:](#)

Thanks@DavidT@Sapy, For your response.

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Me: Ok, No problem, make yourself comfortable here. but hope you don't mind that i wont get into any further discussion with you, so whenever you pop up ill just say hello and will move on and stay present and refocus on my surroundings.

Beautiful post!

Btw have you written a cba (cost-benefit analysis)?

If yes, the conversation continues: anyway I can't think straight with you on top of me. I get what you're saying but when I'm thinking clearly I usually come to the conclusion that No. Even as a stress reliever.

Hatzlocho

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Re: My journey

Posted by willdoit - 12 Jan 2021 22:35

Update;

So far pushed it thru, although it's still really hard. Iam bl'n not giving in till tom.

Praying for a better tom.

Thanks for listening

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Re: My journey

Posted by Markz - 13 Jan 2021 01:06

I found [this one](#) extremely inspirational!

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Re: My journey

Posted by willdoit - 13 Jan 2021 18:31

Hello,

?I had a very hard last night, even woke up in middle of the night with a powerful urge, I literally felt like exploding. So I just closed my eyes and begged hashem from the bottom of my heart, please, please hashem take it away from me, you want me to stay clean, and so do I - and helped me he did, and i made it thru b"H.

Today is easier b"H.

Thanks for listening

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Re: My journey

Posted by DavidT - 13 Jan 2021 19:46

[willdoit wrote on 13 Jan 2021 18:31:](#)

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Thanks for listening

The holy Steipler Gaon of Bnei Brak once said, "There is no such thing as a sincere prayer that goes unanswered. Any heartfelt request addressed to Hashem *must* be answered. It can't be otherwise."

The Hebrew word for prayer "*tefillah*" comes from the root "*palel*" which means to connect. A successful prayer doesn't necessarily mean that we get what we ask for. Hashem is not a vending machine and there are times when the answer we receive is "no." But the prayer may still be deemed "successful" since the primary goal of prayer is to connect with Hashem. That has been accomplished.

Keep strong!

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Re: My journey

Posted by YeshivaGuy - 13 Jan 2021 22:26

[willdoit wrote on 13 Jan 2021 18:31:](#)

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Today is easier b"H.

Thanks for listening

Amazing. Very impressive

Thank You!

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Re: My journey

Posted by willdoit - 14 Jan 2021 15:34

Hello,

Today is another day, will be "h bl"n stay clean for today, just for today, not thinking about tom.

Today, I'll let the urge be with me, I won't fight it, I won't even try to figure out how to let it be, I'll just let it be, and move on.

One day at a time!!

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Re: My journey

Posted by Zedj - 14 Jan 2021 15:44

The GYE motto at it's finest!

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Re: My journey

Posted by willdoit - 20 Jan 2021 15:36

Hi,

I am b"h 75 days clean. this week is b"h easier.

Thank you hashem, and please help me stay clean

One day at a time!

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Re: My journey

Posted by willdoit - 25 Jan 2021 22:49

Hello,

I happen to struggle socially, in addition to this, I am also very self critical with myself, I am actually working on these b"h, however today it's tough for me, therefore I'm overtaken by my urges in order to sooth my self.

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Re: My journey

Posted by willdoit - 25 Jan 2021 22:59

So how would i comfort my friend being in such situation?

Um, I would say something along these lines:

1) You are making great progress.

?2) It's not - ALL OR NOTHING - one situation/day does not make it into: I always fail, I will never be good socially, I was never able to socialize,

3) Its hard to think objective when being influenced by strong emotions, first accept your feelings regardless if they are true or false and thereafter you could see the real picture.

Thanks for listening

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