

Day 120

Posted by 5Uu80*cdwB#^ - 09 Jan 2022 00:07

Gut vuch to everyone. Only with Hashem's help am I still clean right now. Day 119 and 120 were the hardest days for me in an extremely long time. It all started when I heard someone make an absolutely disgusting remark on Thursday and I couldn't get it out of my head, where it started festering and conjuring up old memories. Imagery that I thought was long gone was popping up as if I just saw it. Out of nowhere I found myself in a growing battle that got worse and worse and worse. I was hanging on and fighting like I hadn't had to since around days 20-30. I had let my guard down. I thought I was in the clear. I was wrong. **The yetzer hara was in hiding for nearly 100 days until the perfect time to strike had come.** It got worse and worse until this morning. At 4 am I woke up in so much discomfort that I entered the all too well known pre-fall internal debate of whether or not to just give up and "get it over with already". Historically, when I get to this point I usually have a close to 100% fall rate; the debate is just a formality. I think I have probably only emerged from being so close to falling 4-5 times in my whole life, today being one of them. I was hanging on by mere threads. I was in extreme discomfort. I can't describe it. I just needed the physical relief of doing that mayseh. I went back to sleep until 6:30 when I woke up and I decided that I would either take the battle to the beis medresh like the Rambam says at the end of ????? ????? or literally fall to the lowest depths ??? on Shabbos Kodosh itself. I pulled myself out of bed and ran to shul where I called out to Hashem for help and was blessed with an uninterrupted 2 hours of focused learning in before Shacharis. Hashem blessed me and saved me this morning. After the seuda during the day, though, the fight was at full flare again. I know this sounds bad, but I just wanted Hashem to let it come out by itself while I took a nap because I couldn't deal with the thought that I will have to tolerate more pain and keep battling for at least another week. I am doing OK at this moment, but I am scared about tomorrow and the coming week. I truly don't know if I have the strength in me. I feel like a battered warrior ready to collapse. I tried to tell myself today how great and loved I must be by Hashem, but it's still so hard to feel geshmak when one of the most pleasing physical experiences in the world to me is a gross violation of halacha. Thank you everyone here for helping me to keep moving forward.

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Re: Day 120

Posted by Face the challenge - 07 Jul 2022 01:28

Wow!! That's an amazing accomplishment! You should only know success in the rest of your journey. Best of luck brother. You are an inspiration to all!

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Re: Day 120

Posted by Shtarkandemotional - 07 Jul 2022 04:44

Wow! Mazel tov! This is the biggest simcha! A real spiritual simcha! GYE has changed so much with you! Really we should say - you have many thousands of days. Not 301. With all the insight you brought to the GYE chevrah you've helped many people make day 1 possible! Thanks so much for adding so much to this site and sharing your wisdom! Don't forget the famous line-

Warning: Spoiler!

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Re: Day 120

Posted by 5Uu80*cdwB#^ - 23 Jan 2023 02:51

Bchasdei Hashem, I have reached day 500.

The single biggest piece of advice I can share, and will share again, and again, and again, is to reflect deeply and honestly on the role that fantasizing has in your struggle. If you are honest with yourself, you will come to see that fantasy is at the root of this entire sugya. When, and only when, you come to this realization and decide to move your mind on from fantasies, you will stop masturbating, because there is never a masturbation without a fantasy.

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Re: Day 120

Posted by Eerie - 23 Jan 2023 18:29

Reb NL&S, MAZAL TOV! Keep trucking, inspiring and sharing your words of wisdom for many, many years to come!

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Re: Day 120

Posted by Ybird - 23 Jan 2023 21:44

wow mazel tov to your 500 days,

now after 500 days you can give explanation for your nick name?

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Re: Day 120

Posted by DavidT - 24 Jan 2023 15:02

[5Uu80*cdwB#^ wrote on 23 Jan 2023 02:51:](#)

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Amazing! Mazel Tov!!!

To add to your point, see The famous Ohr Hachayim on Acharei Mos...

*And if one does not distance himself from thinking about these things, **his thoughts will also force him to seek out and lust after the deed.** As we can see from the story in the Gemara (Avodah Zara 22b) of a non-Jew who bought a thigh of meat in the market place, cut into it, used it to pleasure himself, and then cooked it and ate it. This comes from being steeped in the aspect of "thought" which forced him to do these deeds even without seeing anything.*

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Re: Day 120

Posted by yud909 - 24 Jan 2023 16:54

wow! just read through this thread, great stuff, thank you for sharing.

Bh I'm on 82 days clean now but always wondering how long will this last for? Am I cured? (I know I'm not) Will I also get crazy taivos again like you did on day 120? Will I be able to fight? Will I fall? If chas veshalom I do, will I be able to get back up again?

All questions I think about occasionally... your thread was definitely a chizuk, so thank you!

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Re: Day 120

Posted by Eerie - 24 Jan 2023 18:42

[yud909 wrote on 24 Jan 2023 16:54:](#)

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All questions I think about occasionally... your thread was definitely a chizuk, so thank you!

I think we all think these thoughts, and the answer is usually yes to most of those questions. Yes, we will still have moments where the YH gets really strong, and yes the fight will be tough but you will be able to fight, and if c"v you fall, yes you will be able to get up again. Think of it like D-day. without troops on the European continent, there was no way to open the front against the Germans. D-day was able to accomplish that from that point onward the allies were able to fight an even battle against the Axis powers. That does not mean that they lost no soldiers, didn't suffer setbacks, weren't attacked by a German offensive. Of course all those things did happen. (Take the battle of the bulge, for example) But D-day put the battle on even footing, it put it in place that victory became possible from there. The initial stage of staying clean, learning methods of control, of minimizing cues, that's our D-day. from there we enter the every day battle of the YH. Yes, the YH will still mount attacks, yes, it will be tough but you still have the power to fight! Hashem has not forsaken us! And yes, if you look at it this way, if you realize that falling from here on does not mean you have no hope, it does not mean you're a loser, it does not mean Hashem gave up on you, all it means is that you fell. So you'll get up, brush your pants off, and KEEP ON TRUCKING!!!

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Re: Day 120

Posted by 5Uu80*cdwB#^ - 25 Jan 2023 00:59

[yud909 wrote on 24 Jan 2023 16:54:](#)

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All questions I think about occasionally... your thread was definitely a chizuk, so thank you!

Thank you for your encouragement to keep sharing!

You will almost certainly encounter moments of extremely strong taivos throughout your life as you go forward, as we all do. The hope is that you have begun to develop the tools to effectively navigate these moments of difficulty, whereas in the past you would have quickly been

ensnared. Furthermore, know that the difficulties decrease in frequency substantially if you are very careful with what you look at and what you let your mind ruminate about. I used to encounter difficulties daily. It is now MUCH less frequent that I find myself actively struggling with taivos.

And, probably most important: in the case that you have a stumble, just get right back up.

Hatzlacha!

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Re: Day 120

Posted by jackthejew - 25 Jan 2023 11:36

[Ybird wrote on 23 Jan 2023 21:44:](#)

wow mazel tov to your 50 days,

now after 500 days you can give explanation for your nick name?

I think you may have to wait until 5Uu80*cdwB#^ days

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Re: Day 120

Posted by Eerie - 25 Jan 2023 20:49

I once had a friend named jack,

It was so nice to see him come back,

I hope it won't cause him to boast,

If I tell him I liked his post.

Nice to see you, JTJ!

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Re: Day 120

Posted by simchastorah - 27 Feb 2023 13:48

5Uu80*cdwB#^, you are amazing. To read your ,
thread in a few minutes, time traveling from the
tremendous difficulty you were facing at day
120 to see you standing gloriously on top of a
mountain today gives me hope for my own
journey. Keep on going my friend, you are one
of the tzadikim the whole klal yisrael davens for
three times a day

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Re: Day 120

Posted by 5Uu80*cdwB#^ - 27 Feb 2023 23:35

[simchastorah wrote on 27 Feb 2023 13:48:](#)

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Thank you for your really kind words and encouragement, simchastorah!

I want to tell you something. This VERY morning I was actually struggling badly with a fantasy for the first time in some time. It started last night and I was having difficulty moving on, though I was trying. I kid you not I was feeling quite weak and definitely on the defensive. I was thinking to myself this morning that I must reach out to my friends on GYE and contact one of them ASAP to make sure I talk this through and move on. Literally within the hour, I received a "random" private message from you, whom I don't even know, in addition to this post, with words of encouragement that touched my heart and made me reflect on how much Hashem loves me and how far I have come. As soon as I read your message to me, I was able to move on from the fantasy just like that.

So I want to say thank you so much for thinking to write to me this morning. You really, really helped me more than you can imagine and helped me to see how great I am (not in a gaivadi way) and how beloved by Hashem I am. Tizku l'mitzvos!

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Re: Day 120

Posted by 5Uu80*cdwB#^ - 03 May 2023 02:39

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Day 600. Thank you Hashem for bringing me to this day.

Standing atop this mountain I never thought I would succeed in climbing, I want to share some advice with my brothers who are currently on the cliffs or at base camp:

1. Realize that this is an **addiction** and approach recovery from the point of view of **addiction**. Until I made this transition in my mind, I wasn't able to make a move. With no other mindset did I have any meaningful success.
2. Realize that **fantasy** and **lust** are the **core problem** and that their grip on a person can be as strong as that of heroin. It's not enough to just guard your eyes. You also have to guard your mind. If you keep fantasizing, you won't be able to quit masturbating.
3. Embrace the physical pain involved in withdrawal from the drug called fantasy and lust. If you aren't willing to tolerate physical pain, you likely won't make it through the withdrawal phase.
4. Realize you can't do it without Hashem. Daven for assistance in recovery every day, all the

time.

5. Review point number 2 above constantly. As long as you continue to fantasize, you won't break free.

Hatzlacha to all in reclaiming our lives from this terrible addiction. Remember, it's an addiction, and fantasy is at the root of it all.

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