

This time will be better

Posted by joetyh - 14 Jan 2022 10:58

hey people!!! just had a fall 2 nights in a row after building my streak to 5 days... but you know what, 5 days, that was pretty impressive. I have made myself sort of reliant on videos to entertain myself during bein hasedarim and after night seder which means i occasionally need to access youtube which is a killer because it starts with downloading just some fun vlogs and/or product reviews and it goes downhill from there. I need to find a way to be able to get some videos (I dont think i can quit cold turkey from watching and 613tube isnt an option) but not falling down that terrible rabbit hole of the "How bad of a video can i find on YouTube). besides for youtube theres the plain urges that come and I just feel powerless against them. I try to beat them but its so so hard to. even the smallest trigger (i.e. seeing a random pretty girl in the street) can just set me off on a bad day. I really want to be clean!!! I really do!!!! But I feel like as soon as the urge comes I just decide that "it's just this time" and I'll find an excuse to justify it.

I'm on day 1 now. My goal right now is 1 week. I think I can do it and I know it will be very painful but I'm ready.

any suggestions or if you can relate hop on to this topic

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Re: This time will be better

Posted by joetyh - 23 Feb 2022 15:48

Ok we are 2 down now we are going on Day 3!!!!

not much to say but it is going to be a stressful emotionally difficult rest of the week but that doesn't mean I will fall

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Re: This time will be better

Posted by Bilaam Harasha to Yosef Hatzaddik - 23 Feb 2022 16:05

not much to say but it is going to be a stressful emotionally difficult rest of the week but that doesn't mean I will fall

Any reason why it's going to be like this for you this week? (if you're comfortable sharing)

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Re: This time will be better
Posted by joetyh - 23 Feb 2022 17:28

Without to many details my parents came to visit me and I've been running around since the second they arrived and it is so far out of my comfort zone which is draining for me

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Re: This time will be better
Posted by joetyh - 24 Feb 2022 06:59

Ok 3days clean onto day 4!!!! The week is almost over B"H but it ain't over til it's over.

I don't have much to say more than that today will be a clean day

today will be a day where I get just a tiny bit closer to having a functional outlook on what real intimacy is

today will be a day that I can hopefully get closer to the eibeshter

and finally today will be a good day

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Re: This time will be better

Posted by joetyh - 24 Feb 2022 19:08

And I had a fall.

I thought I would be strong...

ok back to the beginning of the story. A couple of weeks ago I had a fall by finding random videos from random links to Google Drive. It took me a while to find anything to get off to because B"H the filter is good and a lot of the formats were not allowed. After the fall I deleted everything from the Google Drive and done, or so I thought.... today I was going through my Google Drive looking at old pictures and all these stuff that I opened (even if they didn't work) were all there!!!! So I was strong and went on deleting them one by one (the multi select wasn't working for some reason) and I deleted probably 100 stuff give or take and I wasn't even halfway done. Than I exited the app for a little and when I got back to it, all the stuff I deleted

I don't know why or how.... And I got mad and stressed out about it. And I made the decision to do what I had pushed off all this time. Watch one of the videos and masturbate and you know what? That is what I did. I went to the bathroom and watched a video and masturbated... I fell....

Weirdly when I logged into my Google Drive on my laptop all these stuff weren't there.... So I decided it must be cache left on my iPhone. I deleted and reinstalled the app and poof they aren't there anymore...

this was a rough nisayon and I may not have pushed through all the way but I pushed through for a long time before I fell

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Re: This time will be better

Posted by Vehkam - 24 Feb 2022 19:27

were back there

Everyone of those steps you took to delete the files is a treasure. You kept holding back and even after you fell you got right back up. You are obviously very motivated and you should be excited By how strong you are becoming. Keep building on your successes and keep thinking of yourself as being on the offensive. Thanks for posting.

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Re: This time will be better
Posted by 613guard - 25 Feb 2022 05:52

Plan in advance

know when the rough times are

call someone every mtzsh just to shmuz

and plan for the urges to come and just ride it like a surfer on a wave

u will see it ends quicker than you think it will

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Re: This time will be better
Posted by joetyh - 25 Feb 2022 12:05

Ah Gitten Erev Shabbos Koidesh!!!!

B"H today has so far been ok.

Friday is always a little tough because if you are in Israel you know that everyone is on malachei yisrael and that includes all the pretty bas yisroels dressed up lkavod erev shabbos shopping (which is not their issue so much)

but B"H it was cold and rainy today

I love seeing people just stam I love being in a public area (as long as it's not an event I usually hate events probably because I am connected to the wrong crap and I can't connect great to people)

ok whatever have an amazing Shabbos brothers

tzadikim!!!!

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Re: This time will be better
Posted by stillgoing - 25 Feb 2022 15:52

[joetyh wrote on 21 Feb 2022 10:57:](#)

True But I have to get to a week to be more steady... after that I can take one day at a time.
Does that make sense?

Wow! it's cool that you can do a week at a time.

For me personally one day at a time is a little too long.

I commit in the morning, then set a recommitting reminder on my phone for 12:00 and 4:00. (I should probably do another one for 7:00 too).

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Re: This time will be better
Posted by joetyh - 26 Feb 2022 16:46

Shavua Tov!!!! How was Shabbos? Shabbos was nice here B"H

we are 2 days clean going on Day 3 Bez"H

mtzsh can be hard sometimes but that just means I will have to deal with whatever it is. It does not mean I will fall.

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Re: This time will be better

Posted by joetyh - 26 Feb 2022 19:19

I literally just fell on my face

I thought I would be good tonight but I proved myself wrong

I was first just trying to find pics of girls but that didn't work really and I ended up going on YouTube and finding some nude video and masturbated

I must get a grip on myself.

I know I can do it

I don't know why I just gave in that easy

please give me chizzuk I am a little down

but im gonna keep my head up and move on

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Re: This time will be better

Posted by joetyh - 26 Feb 2022 21:58

I decided I will spend more time to flight to freedom (I did a lot of it than took a little break....) try to get my brain on track

i will also like to try learning mussar everyday Bez"H

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Re: This time will be better

Posted by Vehkam - 27 Feb 2022 00:54

Have tmyou been Reading any of the books available on this site? Traditional mussar seforim may not target the specific area that is causing you to struggle. The books here such as the battle of the generation are specifically geared for this issue and written in a very supportive tone.

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Re: This time will be better

Posted by Yeshar - 27 Feb 2022 02:26

Dear Joey,

I feel for you and understand your struggle very well. One second you feel like the king of the castle and no challenge is tough enough for you. The next second an urge will hit, and you think, "no big deal, I've beaten this before, I can do it again," but because you were able to fight it a day ago, or even a minute ago, it gives you a reason "to test yourself just a little more". So you look up a picture, then a video, then disable the blocker and so on til you say, "What have I just done..." and you feel this anguish and anger at yourself. This final feeling is painful but it is a good one to reflect upon. This feeling doesn't always come so when it does it's a good sign, because it means that even though you've fallen, you haven't totally desensitized yourself to this challenge that you've made it "okay" in your mind. It's important to focus on this feeling when making the next step. Don't test yourself with searching for pictures. It is never worth it. It's important to feel regret, but not guilt. Don't feel like a loser for falling. Take this opportunity to say sorry to yourself and to Hashem, and try again. Even Rabbi Nachman, when he was struggling with his own challenges found that he had dozens of ups and downs, even in a single day. Even when at the lowest point, he never gave up and that's what made him so great. Don't feel like you have to reach a week, a month, a year. Just today. If you can last one day, you can last another and another. Never feed the urge by thinking about it, never feed the urge by looking at things. I once had an urge that last for 4 hours. It was probably one of the most agonizing 4 hours of my life. I listened to music, prayed, learned torah, went for a walk, stretched, exercised, and it seemed like it would never go away. I beseeched one final time to Hashem to save me from the urge, and still felt it inside me. Then I decided I would 100% not allow the urge to consume me. I went to eat some food, made a blessing, and like a natural reaction after chewing one bite of my sandwich, the urge just up and went away. It was

absolutely crazy, but I saw how Hashem made a miracle look natural. If I can fight such a long and difficult urge, than anybody can. It is never easy, but we get the biggest reward for the hardest challenge. I wish you all the best on your journey. May you never give up in this fight, and be successful for the rest of your days. Remember: You have a God given neshama, and the ability to overcome every challenge thrown at you. The greatest olam hazeh and olam haba is in your hands. All you need to say is, "I want it".

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