

This time will be better

Posted by joetyh - 14 Jan 2022 10:58

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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 - 14 Mar 2022 10:36

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Day 15...

I was so so so close to falling yesterday but I couldn't afford it.

I got out of bed at like 3:30 AM went to the roof and spoke to Hashem until I calmed down...

I am begging you Hashem for another day clean but make it an easy one!!!!

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Re: This time will be better

Posted by 5Uu80\*cdwB#^ - 14 Mar 2022 13:22

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AMAZING JOETYH!!!! You are such an inspiration!!!!

**Keep on pushing through the pain!!!** It will get less and less as you are able to sidestep and move on from lustful thoughts and keep your eyes guarded.

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Re: This time will be better  
Posted by joetyh - 15 Mar 2022 07:41

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16 days behind me!!!!

Purim is coming up which was always very rough because I don't drink so I feel lonely and there are so many girls that think purim is an excuse to wear lingerie and cat ears.... Rachmana litzlan!!! But this year will be different!!!!

but before we worry about Purim there's today to think about

Hashem please give me the ability to stay clean today!!!

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Re: This time will be better  
Posted by Vehkam - 15 Mar 2022 07:55

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Very happy for you. Each step forward that you take will be met with even more siyaata dshmaya.

You should be celebrating on Purim! Plan ahead and enjoy the day.

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Re: This time will be better  
Posted by joetyh - 16 Mar 2022 10:11

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Whoa that was scary.... I almost went flat on my face.... I B"H stopped myself but not enough....

This is a slip which is not ok but it's not a fall....

so we have 17 days behind me and I'm begging Hashem to please help me stay clean

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Re: This time will be better

Posted by joetyh - 18 Mar 2022 09:04

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Ah freilechen Purim from yerushalayim ir hakoidesh!!!! Today there are 19 days behind me clean from porn and really acting out!!!!

I am asking hashem to help me stay away from nisyonos and it says ?? ????? ?? ?????? ?!!!!

I will beat this but for now I am focusing on today

I don't need to notice what every girl is dressed up like but if I do notice it can stop there Bez"H

I made a commitment last night to my Rosh Yeshiva to Bli Neder learn in Kollel for 5 YEARS!!!!

yes me the boy who was never going to go to Eretz Yisroel with dumb plans of starting to date 2 years ago and go to work which B"H never happened!!!!!!!!

I love you all!!!!

As my Rosh Yeshiva says "today on Purim we don't see people, we see neshamos" over here it's more like "we don't see usernames we see the most heilige neshamos in the world!!!!

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Re: This time will be better

Posted by Vehkam - 18 Mar 2022 17:55

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Wow. You are building mountains.

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Re: This time will be better

Posted by joetyh - 19 Mar 2022 17:02

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Wow purim was BEAUTIFUL B"H!!!! So was Shabbos!!!!

I am B"H 20 clean and I hope With Hashem's help I can be clean tonight Bez"H and make it to 21!!

Tomorrow will be the Levaya of Maran Sar Hatorah Reb Chaim Kanievsky I am a little afraid to go because I am petrified of crowds (I always hated crowds but when my very close friend A"H was trampled in Meron it didn't help) so I will be stressed out tonight but stress equals dealing with it not masturbating

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Re: This time will be better  
Posted by Larry Bird - 20 Mar 2022 01:52

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Bro, you're not stam. You have a great attitude. If you go to the levaya, there's really no need to try to get close. Go to be part of the klal and for kovoid hameis, and to gain hisoirirus.

Dealing with stress is so tough without porn. At least you're able to identify clearly what is causing your stress. Good luck with it. Safe trip tomorrow.

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Re: This time will be better  
Posted by 613guard - 20 Mar 2022 04:59

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No words to say besides

you are a real inspiration

much hatzlacha

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Re: This time will be better

Posted by joetyh - 20 Mar 2022 13:55

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21 days!!!! 3 weeks!!!!!!

I Thank Hashem that I am here and I beg him for another day clean!!!!

The levaya was gorgeous and I just stayed near my Rosh yeshiva most of the time. B"H it was not too bad and there was not much pushing and the crowd was pretty spread out. Plus we were super close to the mittah.

Right when we arrived very early to the levaya I noticed a very pretty girl standing on the porch directly across from me wearing a flashy color making her very noticeable and in my mind she was looking at me too... (could be she was could be she wasn't I will probably never know) and I really wanted to look at her but I couldn't afford to have her on my mind so after a bit of back and forth I turned around and faced the stores.

I WON!!! Eat that yetzer hara!!!!

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Re: This time will be better

Posted by Larry Bird - 20 Mar 2022 14:38

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Amazing! Good for you!! Your gevura is enviable.

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Re: This time will be better

Posted by joetyh - 21 Mar 2022 06:06

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22 days behind me Bez"H!!!!

I ask Hashem for another day clean

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Re: This time will be better

Posted by Larry Bird - 21 Mar 2022 10:41

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Dude! You're not stam! Can you share some tricks you've been utilizing to deal with stress and triggers?

Hatzlacha rabba to you!!

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