

“Shtark” insight that may make you “emotional”:-)

Posted by Shtarkandemotional - 07 Feb 2022 23:24

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Hey guys, on my journey on breaking free from from porn and masturbation.. and working on lust itself.. Hashem has gifted me with a lot of insight on this struggle. I hope to post all type of things over here of insight, and just ideas on this struggle not necessarily what or what hasn't worked for me..rather even plain insight and mindsets to help break free... hatzlacha.

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Re: “Shtark” insight that may make you “emotional”:-)

Posted by Shtarkandemotional - 11 Mar 2022 00:09

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[Shtarkandemotional wrote on 07 Mar 2022 22:26:](#)

Theres many aspects to the struggle with lust. The most stressed upon tool in general of breaking free is the idea of reducing triggers.. so it would be blocking internet, and perhaps not going to specific places. And of course blocking up all the loopholes and filters etc, it's important to remember this is just one aspect. We must realize there's another aspect that's very crucial to work on! That is our brains and our mindsets. The way we trained ourselves to certain things we need to realize that in order to successfully break free there's a requirement for inner work, to change our attitude and our view of things. It's not all about changing our surroundings(phone, internet, what we read/watch etc) it's about changing ourselves and our attitude towards those things. We have to build the value system daily from within, and the clarity. And not only distance ourselves from the enemy!

Changing our attitude and forming a foundation is a very big process. unfortunately the longest and hardest step is to come to the realization that our attitude needs to change. People hate realizing that there's something their doing wrong. And it's hard to come to that realization especially when it's admitting their mehalech had been wrong all along. The process is usually to go from filter to filter and for some from Kenas to kenas and the best of us like this often are very growth oriented and we think “how we can avoid a future fall based on the circumstance I was in” which is so good and important yet we have to think how can I improve my mindset?! How can I build my clarity so if I use an unfiltered device at times my value system will still be rock solid and I won't budge!! How can I keep my feelings and thoughts from after falling the same as when I'm 300 days in?! It's very important to create kosher and trigger free circumstances for ourselves yet it's important to make our decisions solid! our clarity concrete! and gain the correct perspective and finally overcome lust and all it's friends.

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Re: "Shtark" insight that may make you "emotional":-)  
Posted by Vehkam - 11 Mar 2022 04:17

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Can't agree more. You have to really be invested in this.

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Re: "Shtark" insight that may make you "emotional":-)  
Posted by Shtarkandemotional - 21 Mar 2022 04:37

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Often we're caught in a really rough place.. where everything has been building up for whatever reason and it would be really good to get the relief through the assur route! During such times it can really help us to realize that if I stay strong now and even during the hardest of the hard I get through then I'm proving to myself that I'm surely ready for this fight and surely I can get through a typical day in my journey! This will give us a boost to continue and stay strong and not give in to the poison.

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Re: "Shtark" insight that may make you "emotional":-)  
Posted by Shtarkandemotional - 21 Mar 2022 04:46

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I mention many times that a big component of working through this struggle is building our clarity..

one way to do that is to think to ourselves "how can I be a person who feels throughout my journey what I feel right after a fall"?

"How can I become someone who's values match their actions"? "What can I do to reach such a place"? Is saying "I'll skip this website next time" gonna help me? Or perhaps we need to figure out a better system that works with our core? That even if all this garbage is in front of us we don't budge? If we constantly look through that lens then we will gain the right attitude on this struggle and what level of clarity we can strive to reach!

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Re: "Shtark" insight that may make you "emotional":-)

Posted by Shtarkandemotional - 21 Mar 2022 04:55

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Small tip for the chevra:

in the past I've thought that looking down in the street won't do much for our generation for the people who were exposed! We can think, how much is short sleeves gonna effect me after seeing so much garbage on the internet..?!

I've noticed in my personal life, looking down in the street is much more then just avoiding pritzus!

It's telling me that my identity is someone who's careful! I feel this rush in my body of power and determination when I just simply look down it makes me feel that I'm someone who cares about what I look at! I'm putting my head down now despite what I might have done at other times. I care now. And that's what matters. And that's what counts. A LOT! Guys, try it! Tell me

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Re: "Shtark" insight that may make you "emotional":-)

Posted by DavidT - 21 Mar 2022 14:57

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[Shtarkandemotional wrote on 21 Mar 2022 04:55:](#)

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if you feel something extra!

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Thank you for this true important point!

When one makes a geder (fence) , it's as if he is saying, "I am committed to breaking this cycle, and my proof is that I'm going to make things difficult for myself." While he can still slip, the geder he instituted nonetheless shows a level of commitment that he is motivated to deal with his problem. Ultimately, if a person has done as much as he could, the result is that he will have more siyata dishmaya and berachah from Hashem.

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Re: "Shtark" insight that may make you "emotional":-)  
Posted by Shtarkandemotional - 24 Mar 2022 03:52

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I'm still looking for the 1 frum guy who is happy and feels good about all the lust he has fed into in his life. Wether it's having sex with woman or watching videos or the guy who just masturbates without anything else. The answer is there's **NO ONE!**

We always regret it. There's no chance we'll appreciate these assur actions! Therefore, In a time of buildup or desire it's very crucial to remember this! Get a permitted relief! Call a friend, Go for a jog, or go for a swim. Or the best of all go learn a blat gemara and sing it out loud! And imagine all the malachim cheering you on!

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Re: "Shtark" insight that may make you "emotional":-)  
Posted by Shtarkandemotional - 24 Mar 2022 16:24

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~~One response from "Hassidat Hashem"~~ **One response from "Hassidat Hashem"** is a celebration of intimacy, and that his bedroom develops into that reality, the need/interest in other women diminishes a lot. When we successfully rewire our thinking from being selfish in the bedroom (while still being nice to our wives), to being giving in the bedroom (while still enjoying it ourselves), we realize in a very deep place that pornography is simply a cheap corrupted version of something immensely greater. We are human, and we will still have desires, urges, and fantasies. We may somewhat desperately want to experiment with our wives the things that we fantasize about. We will still get triggered when seeing other women on occasion, but it will be different. We also have a lot of imagery seared into our brains from the past that will every once in a while just pop in to our thoughts. However, as time goes on, it won't be overwhelming. Yes, we are human, but we can b'ezras Hashem move further and further away from all of this unhealthy thinking.

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Re: "Shtark" insight that may make you "emotional":-)  
Posted by Shtarkandemotional - 24 Mar 2022 16:26

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**Golden post from "Hashem Help Me"**

Once someone realizes that sexuality is a celebration of intimacy, and that his bedroom develops into that reality, the need/interest in other women diminishes a lot. When we successfully rewire our thinking from being selfish in the bedroom (while still being nice to our wives), to being giving in the bedroom (while still enjoying it ourselves), we realize in a very deep place that pornography is simply a cheap corrupted version of something immensely greater. We are human, and we will still have desires, urges, and fantasies. We may somewhat desperately want to experiment with our wives the things that we fantasize about. We will still get triggered when seeing other women on occasion, but it will be different. We also have a lot of imagery seared into our brains from the past that will every once in a while just pop in to our thoughts. However, as time goes on, it won't be overwhelming. Yes, we are human, but we can b'ezras Hashem move further and further away from all of this unhealthy thinking.

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Re: "Shtark" insight that may make you "emotional":-)  
Posted by Shtarkandemotional - 28 Mar 2022 21:27

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Poor planning in this journey is a big one that throws off people! Many of us have so much insight in this battle. We're invested and we want to get clean yet we just have a hard time making it last long term! I wrote out a list of ideas to help with planning I hope the chevrah finds

1. A Ratzon is the most important factor in creating change and the strongest tool that'll help bring that is building our clarity. Therefore, we must ask "do I have a strong foundation of clarity of what I'm trying to implement and how it's beneficial"?
2. Learn more about yourself: what gets in the way of making this goal easy to reach? Perhaps it's a time factor? Lack of clarity? Easy access to certain things? Our mindset and view of different ideas?
3. Once we understand #2 then we can avoid the things that get in the way (for example, for some it can be not taking my phone into the bathroom or Shutting it off before I go into bed etc)
4. We can also create a mechayev on the goal itself **AND on the things that get in the way of the goal.** (For example, if I don't review my affirmations of clarity about this journey each night by midnight then i can't eat breakfast the next morning. one can also add- however, if I make it up before noon the next morning then this penalty is disregarded)
5. Set a specific time to get the activity done. (For ex. I must exercise on Sunday between these times) P.S. exercise helps a lot.
6. Think ahead: what's gonna keep me going long term? Do I have something to motivate me? What will keep me in place? Will I build my clarity often? (I would suggest some sort of Self-Talk or accountability partner etc. This in itself is a plan and one can use the ideas in this very list to make this tool successful)
7. Create a backup plan. What will be the plan if I mess up with this plan? (For ex. I'll go jogging Monday morning or I'll review my affirmations the next day twice or I'll call an accountability partner etc)

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Re: "Shtark" insight that may make you "emotional":-)

Posted by Shtarkandemotional - 04 Apr 2022 22:44

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Motivation and clarity booster:

Often before giving in to temptation, we face a fight with two sides. we measure out if it's worth it to commit a lustful sin based on our clarity (which is often inaccurate) how good will it feel? how will I feel after? Sometimes we think about our ruchnius sometimes not. etc

an important idea to remember is -

That we will forever never regret the opportunity we took for ourselves by staying strong (if we won)! Since, regardless of how I feel now (at the time of contemplating to give in or not) every Jew's real inner Ratzon is to solely serve hashem and this is the biggest avodas hashem I can reach therefore regardless of how worth it it feels to give in.. the other side of the coin weighs out everything! Because it's my Ratzon which I'll always want no matter what!

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Re: "Shtark" insight that may make you "emotional":-)

Posted by Shmuel - 04 Apr 2022 23:20

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[Shtarkandemotional wrote on 04 Apr 2022 22:44:](#)

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Has this worked for you in the past?

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Re: "Shtark" insight that may make you "emotional":-)

Posted by Shtarkandemotional - 04 Apr 2022 23:23

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[Shmuel wrote on 04 Apr 2022 23:20:](#)

[Shtarkandemotional wrote on 04 Apr 2022 22:44:](#)

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Has this worked for you in the past?

It has been in my self-talk. (For more details see link in my sig below) and it really helps me during times I really feel like "why not give in" after tuning out all the bad feelings that would come after... So remembering this very strongly is really a push and a help for me!

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Re: "Shtark" insight that may make you "emotional":-)

Posted by Shtarkandemotional - 13 Apr 2022 05:02

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Motivation and clarity booster:

one of the big things we can learn from a fall is the idea that lust doesn't live up to the hype. It's so overrated. One can truly tap into and feel the truth that it's a deep endless pit. If one would remember this before hand it would be so helpful! The truth is we all feel it ourselves! We don't fall once in our lives and stay content forever rather, we do it again and often again. Because it's nothing long-lasting! It's important to remember during lustful times.. I will feel the same in the future as I'm feeling now regardless if I give in or not. the same how it didn't live up in the past (I see it didn't because I'm here feeling lustful again) and if i wanted more excitement id need to act out again. so too, giving in to lust now wouldn't do much for me in a few days id be back in the same feeling. (If not worse)

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