

Loneliness

Posted by ScottHarvath - 22 Jul 2024 04:22

Hey y'all. I've recently been doing some thinking and I think a big problem that I have is that causes me to fall is a feeling of loneliness. I'm single and not planning on starting dating for another year. So at night when I feel lonely I turn to something else which is sometimes p and m. Any suggestions for what to do during those lonely feeling times to not try and fill the void with negative things?

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Re: Loneliness

Posted by jewizard21 - 22 Jul 2024 04:56

I definitely understand that feeling of loneliness. I won't be starting to date for another year or more.

Try to remind yourself why you are trying to overcome pornography and masturbation.

I know I want to have an amazing and close relationship with my basheret and I am fulfilling that goal by abstaining from porn and masturbation.

I don't know If you feel the same way about abstinence as I do but I feel that it is part of working on myself so that I can be the best person to be a husband and father.

Also one of my best tools is ODAAT "One Day At A Time". Don't worry about if you'll still be clean by the end of the week or if you messed up earlier, just focus on today, and if you do that you will realize by focusing on today that you've accumulated a lot of days individually.

Can you share some tools you've been using?

Also get a filter if possible!!

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Re: Loneliness

Posted by nowitstime15 - 22 Jul 2024 08:16

I hear exactly what you are saying brother! I used to feel lonely but the following tools helped

me.

I don't know exactly what you're trying already but...

- ?1. I go to the gym or exercise to take my mind off loneliness (helps massively)
2. If you can set up a set evening schedule to learn something (anything that sparks your soul)
3. Create a bedtime routine - an hour before bed, 10 minute meditation, brush teeth, wash and moisturise face, listen to calm music
4. YOU GOT THIS!!

If there's social events, try and make an effort to go and mix with the right people

Accept that you are where you are and it's only temporary.

Just as [jewizard21](#) mentioned in their reply, it really is "ODAAT". Know that you are stronger than your thoughts.

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Re: Loneliness

Posted by BenHashemBH - 22 Jul 2024 11:24

[ScottHarvath wrote on 22 Jul 2024 04:22:](#)

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Hello Brother Scott,

I see this is your 4th thread where you've posted and gotten feedback, but you didn't respond (at least on the forum).

You've got some great suggestions here from Jewizard and Nowitstime. Try connecting with some of the great chevra here. Perhaps that will help you feel less alone.

A cautionary note: As many can attest to, marriage often does not address challenges with p&m, though people expect it to.

Hatzlacha!

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