

My struggles with kedushah

Posted by tzaddikvikam13 - 13 Oct 2024 18:26

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I've gotten off to a nice start, right now I am starting my seventh clean week.

I'm going to be continuing my journey from where I left off in my last thread under Introduce Yourself over here.

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Re: My struggles with kedushah

Posted by livingagain - 22 Dec 2024 21:11

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[tzaddikvikam13 wrote on 20 Dec 2024 19:28:](#)

Since my fall two and half weeks ago, I've been falling more, having more urges, and been less motivated to fight.

I've started feeling afraid that the winning streak I've had since joining gye 3 months ago was just a honeymoon, a burst of motivation that won't last long-term, and from here on it will be a slow, one-step-forward-two-steps-backward, uphill battle.

I still don't know what will be, but the other night I had a strong urge to m, and I felt the old, familiar, attitude of "I don't care that I'm craving it, I don't do these things anymore, and I'm just not giving in", and I went on with my night.

So I'm feeling a little optimistic.

I've been on Gye for a while. there are highs and lows. When I'm feeling vulnerable I reach out to a partner. I Am also usually available for those feeling the need for chizuk. This has helped me deal with the urges.

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Re: My struggles with kedushah

Posted by livingagain - 22 Dec 2024 21:30

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[tzaddikvikam13 wrote on 15 Oct 2024 21:00:](#)

This is what happened:

Last night I showered at home for basically the first time since I started my fight and streak.

(I started my streak right before zman started).

I discovered that it looks like I had trained my brain that shower at home = m\*\*\*\*\*tion.

The second I got in, I started feeling an urge more intense than what I've felt for a while.

Body was tingling, begging.

Sensations, erection, and I felt like I JUST WANT TO DO IT.

But the feelings don't get to choose, I do.

And I knew that I didn't really want to do it.

But my brain said no way.

Tried tricking me into being mz"l.

I was keeping my hands off and far away, but my brain almost physicaly forced me to just shift this way and that way...

It was VERY difficult.

Because it was happening subconsciously, involuntarily, without asking me.

But I fought.

And won.

That is amazing! True it's difficult but you won. Keep it up. And keep us posted

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Re: My struggles with kedushah

Posted by livingagain - 22 Dec 2024 21:31

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[tzaddikvikam13 wrote on 17 Dec 2024 21:42:](#)

I was using an innocent app on my phone and found a way to get open web access, and went straight to p.

Again, I was feeling pretty apathetic, not really caring, and then some of what I had been reading from the battle of the generation yesterday popped into my head, I don't even remember what it was, might not even have been any one specific thing that I saw, just that reading it was mechazek that it's not worth it and that I don't want to be doing it, and I decided that it's not worth it and stopped.

Keep it up! Stay strong

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 23 Dec 2024 03:51

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I didn't sleep normally last night, and by the time second seder was over I was completely exhausted which meant...

Urges.

Wanting to m.

I was a little 'not there', but still managed to fight, and instead of giving in, headed off to my daily chavrusashaft in TBOTG, which quieted the urge for a little bit.

It kept coming back the rest of the day, but I ignored them.

Didn't fall at all today.

(Would say so far, because the day isn't over yet, but I don't think HHM would approve.)

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 29 Dec 2024 05:49

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Had another win erev shabbos.

I was tired, was in the shower, wanted to m, but didn't give in.

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Re: My struggles with kedushah  
Posted by livingagain - 29 Dec 2024 18:41

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[tzaddikvikam13 wrote on 29 Dec 2024 05:49:](#)

Had another win erev shabbos.

I was tired, was in the shower, wanted to m, but didn't give in.

That is moiradik. Feel free to reach out for chizuk

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Re: My struggles with kedushah  
Posted by tzaddikvikam13 - 30 Dec 2024 21:42

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I wanted to m when I was in bed last night, but controlled myself and didn't.

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Re: My struggles with kedushah  
Posted by livingagain - 30 Dec 2024 23:10

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[tzaddikvikam13 wrote on 30 Dec 2024 21:42:](#)

I wanted to m when I was in bed last night, but controlled myself and didn't.

Awesome

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 31 Dec 2024 04:18

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I was in a pretty stressful situation tonight, and wanted to m, but stayed strong.

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Re: My struggles with kedushah

Posted by jollylemur95 - 31 Dec 2024 04:28

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[tzaddikvikam13 wrote on 31 Dec 2024 04:18:](#)

I was in a pretty stressful situation tonight, and wanted to m, but stayed strong.

Amazing!!

The self control to hold back puts you on a really high level!

The Ohr Hachaim Hakodosh writes that someone who really wants to do something and holds back because of Hashem is zoche to a title from HKB"H himself that is most coveted: Eved Hashem.

Keep up the great work ! You are giving me major chizuk!

Thank You!!

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 01 Jan 2025 03:24

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This afternoon I found myself lusting pretty strongly for an m.

I pushed any ideas of giving in out of my head, and instead went to prepare and light the menorah.

Realized while I was lighting that I had forgotten about the urge and that it was gone.

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Re: My struggles with kedushah  
Posted by jollylemur95 - 01 Jan 2025 03:54

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You never cease to amaze me!

Keep it up!

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Re: My struggles with kedushah  
Posted by cheerfulswan42 - 01 Jan 2025 05:01

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But how can you stop if you feel that horny

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Re: My struggles with kedushah  
Posted by cheerfulswan42 - 01 Jan 2025 05:04

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I wish I could've controlled my self, because I'm completely out of hand, I really need help. Its  
starting to ruin my marriage

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