

need chizuk

Posted by hopefull - 04 Apr 2010 22:33

hey guys whats up, hope all is well

i have not posted in a while, but im glad that im posting now because i realized that as much as i thought i can do this myself " it aint easy alone"

the first two weeks that i was clean were a relief and very liberating

however, the third and fourth week were murderous

i found myself fantasizing about all the things i wasn't looking at

also shmeras enayim the first two weeks were a bit hard but now its as if i just forgot about shmeras enayim at all

someone posted that from day 15 to 30 were murder for him but after that it was a breeze

i'm at day 28 and i really don't want to fall, even more so i cant fall my because my entire future depends on it

thoughts, chizuk is welcome

regards

hopefull

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Re: need chizuk

Posted by DesertLion - 05 Apr 2010 11:52

Hey Hopefull,

Dwelling on fantasies is very dangerous because you will feel lustful and be tempted to develop them by seeking out pornography. Once porn comes into the picture, it's almost impossible to resist the desire to masturbate.

You need to push out these bad thoughts and prevent them from pulling you to places that you don't want to be. I find doing 20-60 press ups when the urge burns fiercely manages to douse the flames of lust. Also, think of the consequences every time you want to masturbate or look at porn.

Go for a walk, listen to music, phone a friend- in short do anything rather than indulging in porn and masturbation. Ok, you may lose precious work time by exercising/doing something else rather than working, but the net result is still far better than losing energy by wasting seed. Trust me, you'll waste a lot more time by looking at porn and then recovering from a fall than by avoiding it in the first place.

Just do the right thing for today!

KUTGW and keep on trucking,

DesertLion

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Re: need chizuk

Posted by DovInIsrael - 06 Apr 2010 09:45

why bother doing it by yourself - when there are so many great people on the forum who are willing to walk the walk with you.

as well as 12-step telephone groups

why drive alone when you can drive in the car pool lane - share the fair...get there faster !

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