

I'm really scared about this

Posted by Benedict Mckellen - 02 Apr 2017 15:08

Hi (My username is not my really name btw)

I am absolutely petrified about this programme. I have done similar things before but never anything as hard or regimented as this.

If anyone can give me a few words of Chizuk or any advice then that would be amazing.

Thanks and I hope you guys all succeed with your own struggles

=====
=====

Re: I'm really scared about this

Posted by serenity - 02 Apr 2017 15:30

I came to GYE two and half years ago. I've been sober for two years. "From the struggle comes the reward." But really this doesn't have to be a struggle. It's only a struggle for as long as we keep fighting it. Also never be discouraged. To me life is a journey. Our society and our community is too often part of the now generation. Give this place a try, a real try and if it;s not working for you, then maybe try something else or add something! Do I have struggles from time to time, yes I do. But I no longer have the daily struggle with porn and masturbation. Just bear in mind that for me and many like me we realized that our issues went way deeper than porn and masturbation. That our acting our was a solution to our problems and not our problem itself. This may mean nothing for you.

Live in the solution!!!

Hatzlacha

=====
=====

Re: I'm really scared about this
Posted by RaabosMachshovos - 03 Apr 2017 14:21

Welcome!

Why scared?!

=====
=====

Re: I'm really scared about this
Posted by Benedict Mckellen - 03 Apr 2017 15:36

Because my Yetzer Hara is trying to convince me, and I think I believe him, that I can't last 90 days without M*ing. I've never gone anywhere near that time. The most has been about 3 or so weeks but that was 2 years ago.

So, I am trying to convince myself that I can do this, but I am having doubts and in a moment of weakness I'll say to myself "I should do this in small steps, week by week, this is too much etc..."

I worried about the withdrawal symptoms. I'm worried how I will be able to work every day with the sexual tension that builds up.

I'm worried about the fact that I have to have a mental battle with myself every evening for 90 days and win every time; and I'm a rookie at this.

I really don't want to fail but I feel like after the initial motivation, I will fall back into the same old rhythm. I don't want to go back to the way things were. I want to make sure that I make as permanent a change as possible.

=====
=====

Re: I'm really scared about this
Posted by stillgoing - 03 Apr 2017 17:48

Welcome Ben.

You don't think that you can do 90? So don't. Do 1. Very few people that I've met here (and

there *have* been a few) have set out to do 90 days, succeeded, and stayed sexually sober.

90 is nice. So is 900 and 9,000,000. But who can commit to go from everyday to one million. So don't. Just try for today. Its a method that has worked for many here.

) but there may be many things in your life that can be altered to make this path easier. As they say, "fight smarter, not harder". and as Serenity said above, very often we turned to mas**** as a means of escape. Sometimes the answer lies in our regular lives and changing that can help us change out mas*** habit.

Stick around. there is a lot to be gained from shmoozing with the guys here.

=====
====

I don't know you, or your situation (as far as I know

Re: I'm really scared about this
Posted by gibbor120 - 03 Apr 2017 20:51

Welcome! Relax. You are among friends who understand you. Read the handbook. Try some things. See what works. Share with the chevra here how you are doing.

=====
====