

Enough

Posted by Brightdawn60 - 25 Aug 2019 09:38

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I have had enough. Today I knew I was planning to visit the kotel in the afternoon, with my wonderful wife and ba'h 4 kids, and every reason to be happy and content. Yet I found myself feeling compelled, yet again, to revert the 'usual procedure'. All of three days since the last time, including Friday and Shabbos, the easiest days (for me) not to fall.

I have been trying to establish a streak of clean days in recent weeks, but have never got past around 10 days without reverting to my old ways. Coming on this forum is a big step for me. I feel like a complete fraud. People view me as a serious, working/learning guy, in a frum neighbourhood, with kids in frum schools, yet I am addicted to internet pornography, in the sense that I have wanted to stop viewing it for many years and have never managed to break free.

Every year in the yomim noroim I honestly promise Hashem that I will never do it again, and every year I break that promise, often within days of making it. ENOUGH. I cannot go on like this. I have to get a grip, and I am sharing my story in order to kick-start a real change.

BN I will post here each day to update people how I am doing. My plan has some simple elements:

1. My computer has web chaver installed, which is difficult to uninstall. Traditionally I therefore use my phone for porn, where web chaver is more easily uninstalled. I need to find a way to render my phone less of an easy michshol.

2. Until now, I have always managed to maintain a basic learning schedule alongside my porn use, but recently, I have lost all desire to learn Torah. This is ridiculous, as I love learning and genuinely enjoy it once I am doing it. Therefore, I need to establish a morning learning session of 1 hour of gemara.

3. As mentioned, I will BN post on this forum once each day until after Succos to update readers on how I am progressing, be'zras hashem.

Thank you for your support!!

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Re: Enough

Posted by redfire - 27 Aug 2019 18:48

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i agree Yerushalmi, all that matters is: this is making me crazy, destroying me, and i need to stop.

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Re: Enough

Posted by ColinColin - 27 Aug 2019 19:42

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Well done!

It is about whatever works for you.

For some people, knowing what causes them to fall is vital is knowing how not to fall.

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Re: Enough

Posted by Captain - 27 Aug 2019 22:05

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Yup! Rabbi Shafier is amazing! His classes really brought meaning to Yiddishkeit for me and helped me when I was down. He also has a series on tayva called The Fight on his website that's really good. But don't only focus on tayva; also look into all random topics that will bring meaning to your Avodas Hashem.

Also check out this book that I really enjoyed called The Battle of the Generation. It's available here: <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>. You can download a free ebook or order it. There's a link there.

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Re: Enough

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Posted by strive613 - 28 Aug 2019 04:47

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Welcome brother, we're all here for you.

Your honesty and resolve is inspirational, Good luck!

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Re: Enough

Posted by Brightdawn60 - 28 Aug 2019 09:37

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Another day clean boruch hashem. I have managed around 10 days in previous streaks before giving in ... so I am still in my 'comfort zone'. The real challenge for me is to push beyond the 10-14 day mark and make some real progress. One of my problems is that the Yetzer comes to me around 10-14 days and says "you have done loads of days... come on, you deserve a break now - you can't expect to go on further than this, it's not reasonable". I then feel that that message will actually get stronger the more days I am clean, and the battle will get harder. I am encouraged by comments on this website to the effect that this is not the case - that hopefully, as more time goes on, the struggle will get easier, especially after 90 days (which at the moment seems like a distant dream - halevay I should reach 20 days!).

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Re: Enough

Posted by Brightdawn60 - 28 Aug 2019 09:38

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[Captain wrote on 27 Aug 2019 22:05:](#)

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Listening the Rav Shafier's 'The Fight' each day at the moment. It is very impressive so far - thanks so much for the introduction.

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Re: Enough  
Posted by Dave M - 28 Aug 2019 13:02

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I have never met Rabbi Shafier or heard him live. But I still consider him to be one of my "Rebbe's". His shiurim (Especially the Fight series) have been a vehicle of tremendous growth for me.

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Re: Enough  
Posted by Captain - 28 Aug 2019 16:50

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That's great! I'm looking forward to hearing more about your victories

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Re: Enough  
Posted by Brightdawn60 - 30 Aug 2019 08:01

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One further clean day BH. Getting closer to the danger zone of around 10 days, so need to strengthen myself.

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Re: Enough  
Posted by ColinColin - 31 Aug 2019 21:19

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Brightdawn60

To be honest, there is no number of days which is a special "danger zone".

Danger zones come from triggers - stress, tiredness, lust, loneliness - rather than how many days you have been clean.

Every day for the rest of your life can be clean or have a fall.

It is up to you.

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Re: Enough  
Posted by Brightdawn60 - 01 Sep 2019 20:20

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Still clean, BH - but feeling the desire coming back quite strong... especially when my usual triggers occur, e.g. being alone in the house/office. I need to become more aware of the triggers and avoid them, or be extra careful at those times.

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Re: Enough  
Posted by Yerushalmi - 01 Sep 2019 22:12

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The 10th day is not inherently ant more dangerous than the 1st, 2nd, 5th, or 25th. I used to think that certain milestones were "new territory", and more dangerous. They are not. Why should the same trigger be harder or easier on different days? Yes, some days we are more tired, more 'out of it', or not in such a great mood for whatever reason. That however, is not inherent in any specific day. I could nust as easily have a hard time on the 5th day as on the 25th day. There is no day that is inherently harder than another. (Although sometimes a trigger can be harder to overcome than other triggers.) Once I was able to convince myself that the main thing is avoiding triggers (i.e. filtering my devices), and self control, the actual number of clean days made less of a difference.

Sometimes, the yetzer pulled a sneaky move on me. He'd say, you just reached X number of clean days, that is a record. He would say that I deserve some time off, where I could let my guard down, where I can indulge a bit, etc. Sometimes his trick would work, sometimes I was able to strengthen myself to avoid this pitfall!

Whatever works for you!

When I started the 90 day chart, I wasn't really sure that I could make it. I did it, and more. So can you!!!!!!

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Re: Enough

Posted by David26fr - 03 Sep 2019 08:01

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I am agree with Yerushalmi and ColinColin, and I am just adding a point : if you say that you enter in a danger zone after 10 or 20 or whatever number of days, then you are adding fear...

And fear is a strong trigger, and one of the favorite weapon of the yetser.

So, for me, the best is to continue, without fear, one moment at a time, with an equal vigilance, and equal confidence in Hashem, at day 50 as at day 5.

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