

The Good, the Bad, and the Ugly

Posted by Aaron1 - 12 Jan 2021 04:22

Hi. Here's where I am.

The Good- Overall, I (mostly) continue to make huge strides in my *bein adam lemakom*, my *bein adam lechaveiro*, my *ruchniyus*, and my *gashmiyus*. I've broken my longest record for not performing *zera levatala* almost every year for the past ten years. I've had several six-month-or-so streaks without watching p-graphic material, with shorter and shorter gaps in between. I've never been happier, stronger, and more confident than I am now (these past months/last year). I'm engaged, and I'm certain she's the only one for me. Thank you Hashem!

The Bad- My Taphsic *shvua* of several months recently expired and I'm not motivated enough to restart it. There's also a voice inside telling me I need to practice for my wedding night. For both these reasons, I've let myself have several falls without a fight; I feel too comfortable with where I am.

The Ugly- I feel like a different person than I used to be. On the one hand, I can't relate to how frequently and how low I used to fall back in the day. However, I'm also forgetting why this fight is important to me. Part of me feels like I'll never fully overcome.

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Re: The Good, the Bad, and the Ugly

Posted by Aaron1 - 24 May 2021 17:57

I've proved to myself that I can make it through a full Niddah cycle without any major slips or falls.

Is it not as hard as I thought it would be? Or am I stronger than I thought I was?

Shalom bayit is 10/10.

Thanks, folks.

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Re: The Good, the Bad, and the Ugly
Posted by bego - 25 May 2021 11:46

[evergreen wrote on 20 Jan 2021 20:50:](#)

Don't mean to hijack this thread from you Aaron, but I wanted to express hakaras hatov to the warnings from the married chevra beyond pressing the "thank you" button. I have had strings of falls start from this same twisted thought process of "practicing". This is definitely something I needed to hear.

As already noted, all us married men were there. And we all wish this place had been around. You're not hijacking it, your reinforcing the point!

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Re: The Good, the Bad, and the Ugly
Posted by Aaron1 - 09 Jul 2021 19:51

Day 75. Definitely my longest streak (and still going strong).

This hasn't been all that difficult or nerve-racking. I think just knowing I'm able to have my desires fulfilled makes me not need it as much. And this has changed how I view physical desires.

For example, the end of fast (last hour or so) can sometimes feel so difficult that all I can think about is food. But once it's over I think to myself "eh, I feel alright; I could probably keep going". The desire (partially) vanishes. Just knowing I can't have something makes me want it more.

So whenever I'm in a tough situation of physical desire, I just remind myself that if I had it right

in front of me I would automatically desire it less, and I make myself feel that way now. And it's true. When I'm tired and feel I need to take a nap in the middle of a work day, I call my bluff and say "fine, go sleep". Suddenly, I'm less tired.

Same too with this struggle; it's mostly in my head.

Another shoutout to Hashem for giving me my eshet chayil.

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Re: The Good, the Bad, and the Ugly
Posted by Aaron1 - 15 Sep 2021 20:58

Ok. Honesty time.

I had a fall last month. It was only after a second fall the next day before I really got back on my feet.

99% of the time I don't miss this stuff and actually have serious distaste for it. But there's the 1% of the time where I feel weirdly nostalgic about it. At least I know who the real me is.

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Re: The Good, the Bad, and the Ugly
Posted by Aaron1 - 30 Sep 2022 09:03

I don't think I've logged on in over a year (the site sure has changed!), but I had to share how proud I am to be contributing to GYE's fundraising campaign.

Baruch Hashem for GYE!

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