

Is there someone like me

Posted by benny57 - 06 May 2021 12:35

Hi every one I'm new to the site I was suffering with watching shmutz and being mz"l for a few years now tried to stop SOOO many times by myself but no success then I overheard my brother telling someone about the website so I decided to try. I've been reading some of the posts on the forum witch gave me so much chizuk I read one about what the heck syndrome I related 100% to this once I fall I just carry on cause anyway and also someone wrote about wanting to fall because he wanted to have 90 days so if your just 4 days in fall now so you don't have to wait 90 days this was speaking directly to me me if anyone has some ideas to help at night while I'm in bed that seems to be the hardest time not to fall when I'm just lying bored in bed waiting to fall asleep thanks everyone it was good for me just writing this.

=====

=====

Re: Is there someone like me

Posted by keepontrying - 31 May 2021 02:14

Hey benny57 I also feel that shabbos is the hardest day since the seder is not the same. I started making chavrusas in shul to keep me busy in the afternoon I also stopped taking a nap after the meal since that was a trigger. It would help if you look at it not as just time to hang around bored but try find stuff to do learn or shmooze, the problem for me came when I was alone for to long if you have a schedule to do you'd be occupied hatzlocha raboh!!!

=====

=====

Re: Is there someone like me

Posted by YeshivaGuy - 15 Jun 2021 14:09

How u been buddy?

=====

=====

Re: Is there someone like me

Posted by benny57 - 15 Jun 2021 15:19

Boruch hashem I've been doing great so far thanks for asking I am holding at the 42 day mark the most I have ever managed to hold on since age 15 never thought id be at this point so

grateful to the people on gye. besides the last weekend were I was in new York so there was some triggers (airports, streets etc.) I've been in yeshiva so there was not to many distractions so its been good hoping to make it to 90 days clean a side note I would very much encourage anyone who is finding it hard to quite p&m to get a mentor who you are accountable to I found it to be a game changer I text him every night saying today was good so its not just me in it any more if I start to think about falling there is someone else involved who I cant let down

=====

Re: Is there someone like me
Posted by YeshivaGuy - 06 Jul 2021 05:47

Update?

=====

Re: Is there someone like me
Posted by benny57 - 07 Jul 2021 03:02

to be honest the last week has not been going good for me I was on a great streak of 58 days, then I got a new job at yeshiva witch I needed a computer the office I got for some reason the filter was not properly on and it allowed youtube and for a few days I watched some videos with out any problem then Wednesday I was getting edgy and watched some dodgy stuff then that night in bed I was mz"l, and then the next few days were worse. so its been a hard few days I was sure I would make it to 90 days it came crashing down so I just started again holding by two days now b"h now the computer is properly filtered. it was especially hard because I was relying on this hatzlocha I was having with this issue I tried to apply the same method to learning like (if I can do this nissoyon then I can sit down and learn) cause I have a bit of ADHD or something. so its like putting all your eggs in one basket hopefully i can try again do a bit better.

=====

Re: Is there someone like me
Posted by YeshivaGuy - 07 Jul 2021 19:00

Sorry to hear man. It's so so rough to fall after such a streak. It very hard to get back up.

I wish you much Hatzlocha, and keep us posted.

Its important to not make your success in one area contingent on another.

Meaning, struggling in Shmiras Eynayim doesn't mean u can't learn well etc.

Glad you got the filter worked out.

Hatzlocha!

YeshivaGuy

=====
=====

Re: Is there someone like me

Posted by benny57 - 09 Jul 2021 15:35

Thanks I 100% agree it shouldnt cause a chalishus in other areas, but by me they are two separate struggles. Iv'e had them both for a long time so when I was working hard on this struggle that gave me hope that maybe with hard work I can also help this problem of not having zits fleish. when i fell that really hit me hard cause i sought of gave up. hopefully now that im back on the journey things will be better. I heard of a smal hack that might help by putting a rubber band around your arm and every time a machshova comes in to your head you pull and let go (of course not to hard) this apparently sends a message to the brain not think these thoughts, ill let you know if it works.

=====
=====

Re: Is there someone like me

Posted by YeshivaGuy - 09 Jul 2021 16:04

Interesting, ya pls let us know how that goes.

Hatzlocha Rabba!

YeshivaGuy

=====

Re: Is there someone like me

Posted by Taharat Yisrael - 09 Jul 2021 16:06

I often struggle in bed as well. Have a clean book to read at night before you doze off. Have a set sleep routine so you go to bed at a certain time and wake up fir shacharit at a certain time. Routine helps. You never wanna be in a situation where your lying around in bed w nothing to do.

=====

Re: Is there someone like me

Posted by Taharat Yisrael - 09 Jul 2021 16:12

I often feel desire when sitting down to learn. Probably the ??? ??? trying to stop you from learning. If ur learning by yourself id have a plan B set up so your not caught off guard maybe a back up- sefer or someone to call.

=====

Re: Is there someone like me

Posted by benny57 - 13 Jul 2021 21:11

[Taharat Yisrael wrote on 09 Jul 2021 16:06:](#)

I often struggle in bed as well. Have a clean book to read at night before you doze off. Have a set sleep routine so you go to bed at a certain time and wake up fir shacharit at a certain time. Routine helps. You never wanna be in a situation where your lying around in bed w nothing to do.

I once tried to read before going to bed, but my roommate does not like my lamp on gonna try maybe leave the room. im b"h 8 days in going strong i do still sometimes think had i not fell i

would have been around 70 days but im just happy im back on. I heard a nice peshat we say every morning "v'hoisher vehakovoid milfonecho" the poshete peshat is all the wealth and honour comes from you but the mezricher maggid says "v'hoisher vehakovoid milfonecho" whats the biggest oisher and whats the biggest kovod, milfonecho to be able to serve before you.when i think that im going in the right direction that itself gives me strenght to continue. going through the flight 2 freedom course were it speaks about the power of gratitude was very compelling really makes you stop and thank hashem for what you do have.

=====

Re: Is there someone like me

Posted by Ish MiGrodno - 14 Jul 2021 00:45

Lately I have been keeping the Gemara open on my night table. Not sure this is mutar (???? ?????), but it keeps me in the proper frame of mind..

=====

Re: Is there someone like me

Posted by Taharat Yisrael - 14 Jul 2021 04:46

Thats a great Peshat! What the "flight to freedom" course if you don't mind me asking?

=====

Re: Is there someone like me

Posted by Taharat Yisrael - 14 Jul 2021 04:48

Sounds like a great ???? but I don't know if you'll b able to learn when burning w desire. I'd try having something a bit lighter and more enjoyable at hand.

=====