

Falling and getting up over and over again.

Posted by JewMan - 25 Aug 2021 15:53

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Hello everyone! This is my first post on the forum. I've been a GYE member for about 2 years or so, trying to quit masturbation, falling and getting up again. Although I do watch porn occasionally, but not often. If anyone has any solutions or suggestions, feel free to reply. Thanks.

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Starting to get it

Posted by Taharat Yisrael - 25 Aug 2021 16:19

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Hey so its me again. I'm out of the army and back in yeshiva BH. I do feel that I'm much more occupied through the day and even throughout the week. My issue is my parents are visiting to check out neighborhoods for their Aliyah and I'm going to be staying with them. That means there will be unfiltered devices. Recently I tried to watch on my dads phone but BH it was very slow and didn't load videos, only pictures. I need excuses to make sure devices aren't charging in my room at night. If it's a laptop ill say I'm wasting time on it. If its phones I can warn about overcharging the battery, or radiation. Hope ill find the courage. I'm much worse when I have access.

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Re: Falling and getting up over and over again.

Posted by DavidT - 25 Aug 2021 19:58

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Just by starting to post here, you're already going in the right direction!

When you're trying to reach your goal on your own, it's easy to slack off. Often, when we don't reach our goals, it's not because of any dramatic reason but because life can be distracting and gets in the way at times. But when you have someone supporting you, it increases your commitment to your goal. Knowing that you're going to report back to someone about your progress can make you much more motivated to stay on track.

Here's an idea:

Write a contract with yourself to follow your plan for a set period of time (e.g.30 days) and sign and date it. Including some incentives and fines can also help to solidify your commitment.

Here's an example:

"I hereby commit to refrain from P&M for the next

30 days, and to avoid any cues or behaviors that might lead to it and update my progress each day using the GYE reflection tool. I also commit to installing a good filter on my phone within the next seven days. If I'm successful, I'll celebrate by buying something good on Amazon for \$100. If I act out with P&M, I'll donate \$10 for every day I'm unsuccessful to a charity I normally don't contribute to.

Making a solid commitment shows that you are totally serious about quitting P&M. When you adopt this attitude, you're more likely to overcome your struggle despite any turbulence.

Keep on posting and stay connected..

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