

Time to change for good

Posted by Yeshar - 08 Apr 2022 20:25

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Hey Everyone,

A little bit about me first is good, I come from a traditional fam, and became religious last year due to an organization in my neighborhood. Im 19 y/o, and have been basically struggling with this since middle school. It really wears me down, and makes me feel weak and like a hypocrite and right now I'm at kind of a low point, and can use some words of encouragement.

I've been able to stop before for days, weeks, months, but the YH is always there to test me whether I've really changed for good.

My goal is always to never do it again, but thats very difficult to attain, so im shooting for 90 days, ofc after that id like to for another 90, so on and so forth.

May Hashem help me in this fight, and I really hope that I write here every day and can make it out strong.

I know that this is the test of our generation, so while incredibly sad to say, its comforting that I'm not alone in the battle.

I wish to all of you that you never again succumb to the temptation, because we all know how debilitating it is - physically and mentally and especially spiritually.

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Re: Time to change for good

Posted by Vehkam - 24 Apr 2022 21:58

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[Yeshar wrote on 18 Apr 2022 21:29:](#)

Day 10! Hope you all had nice seders and yom tov and are doing well. I'm still feeling good, however now that Sefirat Ha'omer has begun and we can no longer listen to recorded music, I'm a little upset - as I'm a very musical person. My Rabbi says that I can still practice my instruments which is great though. At the same token, I'm very optimistic since listening to music is how I spend a lot of my day. I figure with the "extra time," I'll be able to get a lot done, learning-wise (cleaning without music is gonna stink).

The real reason tho why this gives me some feeling of apprehension is because listening to music is what I would usually do to get my mind off an urge in the past. I'm curious if I'd be

allowed to listen in such a case during the omer, but don't wanna ask my Rabbi, even though I've opened up to him about my struggle with this in the past. Anyone know?

I spoke to one of the rabbanim I am close to over pesach. Gave him the the short version of my struggles without too many details. (But enough for him to know that this is a big deal).

when I asked him afterwards that I use music as a way to keep my mind occupied and can I listen through headphones during sefira he answered right away that I am allowed.

I can provide the Rav's name privately if someone needs to know.

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Re: Time to change for good  
Posted by Yeshar - 24 Apr 2022 22:02

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[Vehkam wrote on 24 Apr 2022 21:58:](#)

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Thanks so much Vekham!

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Re: Time to change for good  
Posted by Yeshar - 08 May 2022 04:47

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30 days! It's not my first time making it this far, but that doesn't mean it isn't an accomplishment haha. I really have to thank Hashem for not giving me strong urges, the only real issue I had was not looking when I had an opportunity to see something, whether outside or on the computer, etc. I definitely don't think I'd have made it had I made this forum post, and would therefore like to thank all you who chatted with me via the forum, GYE private message and chat, and even over the phone. It has absolutely been instrumental in rewiring my brain and the way I think about women and sex in general - and once that's fixed, there really isn't so much a desire to go back to where you were. There's still a lot more to work on tho...

?Here's to another 30+ days!

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Re: Time to change for good

Posted by Yeshar - 17 May 2022 21:26

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Day 39. Urges are getting stronger, but I will not lose to them. Really hurts the heart sometimes when I want to look, but don't. With the weather getting warmer, what people are wearing is getting more revealing, and it really is getting harder. I really just need to make sure I don't look. If I can keep that up, up until the urge settles down, I'll be good.

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Re: Time to change for good

Posted by Yeshar - 17 May 2022 21:32

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39 days, the relative lack of urges I had in my first 30 days or so has passed, and it's definitely more difficult now. This is especially due to the more revealing clothes that women are wearing now since the weather is nice. I work very hard not to look, and I think if im successful with shmiras eynayim, I will not regress. I just need to get over this huddle with the urges.

I just had to listen to music to get over them yesterday. I woke up with this crazy desire, so I had to go for a walk and listened to music for like 2 and a half hours. The whole time I made sure that if I saw someone dressed immodestly, I'd immediately look away, or if it was unavoidable, I'd cross the street or something. When I got home I felt much better, and did not have any thoughts. Will probably do the same thing today and for the next several days.

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Re: Time to change for good  
Posted by Vehkam - 17 May 2022 22:08

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This is amazing stuff thank you so much for sharing and wishing you continued success

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Re: Time to change for good  
Posted by yechielmichel - 18 May 2022 02:29

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[Yeshar wrote on 17 May 2022 21:32:](#)

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I've found that around the 30 and 60 day mark got harder for me. So I assumed it's my body acting up every 30 days. But then the 90 day mark came and went... maybe the 30 days is not the same for you, but it seems there is an ebb and flow, and eventually it can get easier.

being busy with good and productive things helps!

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Re: Time to change for good  
Posted by wilnevergiveup - 18 May 2022 04:02

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[Yeshar wrote on 17 May 2022 21:32:](#)

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It could be the amount of days in your streak, but I find that more often, it's specific circumstances that make the struggle more difficult. For example, feeling rejected is a major trigger for most people and it has nothing to do with how many days you are clean.

You can try tracking when you feel these untense urges in a log and try to look for patterns. You can ask, what happened before, or what thoughts were going through your mind when you had the urge (I feel like a loser, I feel like giving up, it's not worth it, I feel so alone, so and so doesn't like me, etc.).

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Re: Time to change for good

Posted by Yeshar - 18 May 2022 05:15

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[wilnevergiveup wrote on 18 May 2022 04:02:](#)

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can ask, what happened before, or what thoughts were going through your mind when you had the urge (I feel like a loser, I feel like giving up, it's not worth it, I feel so alone, so and so doesn't like me, etc.).

Yes, you make a good point. It's finals week, and I've been really unmotivated to study, just because I feel like I can "wing it." This lack of drive, is probably having a bigger effect on me than I realize, and it may also be related to my desire to lose some weight. I'm not obese, but on the husky side, and would feel more confident if I were slimmer and stronger, and I find it difficult to diet because I'm always eating with friends or a holiday comes up or Shabbat (3 or 4 BIG meals in a span of 26 hours... that's tough), but I think it's something that I'm just gonna have to put my foot down, and start taking seriously.

Wow, nice to get all those thoughts out - I'll definitely be able to concentrate my actions on these goals now. Thanks so much.

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Re: Time to change for good  
Posted by Yeshar - 18 May 2022 20:00

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Crazy thing, I just gotta share right before I take my economics final... I was at Target with a friend of mine, and many women there were dressed very very provocatively... I held my ground but felt the desire growing. As we were about to pay, I don't know what it was - I didn't exactly want to look, but at the same time felt like I wouldn't stop if something happened to be in my peripheral vision, when all of a sudden I see a sign by the cashier aisle that says "YETZER HARA"....

My heart almost skips a bit. I shake my head and look again, "ENTER HERE"...

I don't know what it was about it, but all of a sudden I had a burst of strength, and held my ground all the way home, not looking at any immodesty.

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Re: Time to change for good  
Posted by Vehkam - 18 May 2022 20:12

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Thanks for sharing. I love those moments. You're on to Something!

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Re: Time to change for good

Posted by Yeshar - 07 Jul 2022 02:48

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Today is day (or at this point night) 89 of my road to 90 days!

It's been a while since I've posted on the forum, but I have kept in contact with my accountability partner (who has helped me and saved me numerous times) and read other forum posts as well as the daily chizuk, and BH am staying strong.

I am not going to lie, there have been times where did I not guard my eyes, and even looked at immorality online or outside (day 60-75 were especially challenging), and the urge and desires still creep up on me every now and then - but I am at a much better place then where I started for sure!

I'm not going to count it as breaking the streak, since while guarding your eyes is of course important and the end goal, my focus was and is on stopping the physical act. When I hit 90 days tmrw, I will continue with this streak but will also begin a "new streak +" which will focus on controlling immodest thoughts and guarding eyes. I think that will be more beneficial to me.

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Re: Time to change for good

Posted by Yeshar - 08 Jul 2022 23:04

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And that's 90 days!

My initial goal is complete.

Shabbat Shalom everyone!

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Re: Time to change for good

Posted by Avrohom - 10 Jul 2022 03:01

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Mazel Tov!

Can you share of the things that helped you make it through till now?

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