

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 Yeshar - 10 Jul 2022 20:07

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I also should mention that I do have an image blocker on my laptop, where only websites I approve show images. I use YouTube daily for school, and I almost never see anything inappropriate due to this blocker. I also use Freedom and Apple's built in screen time on MacBook and iPhone to block websites. My iPhone does not have safari or YouTube.

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Re: Time to change for good

Posted by Avrohom - 13 Jul 2022 23:33

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[Yeshar wrote on 10 Jul 2022 20:04:](#)

Sure,

Very important to plan ahead

"Okay today I felt an urge creeping up, and I know that tomorrow won't be so easy, so before anything happens I'm gonna call my accountability partner and let him know"

Always have in mind what you're going to do before something happens.

Also have something that you can treat yourself with that special to when you beat an urge, or reach a milestone.

By far the most important thing in my opinion is having someone to talk to, and also not allowing your yetzer to grow.

You know for sure that watch schmutz is gonna lead to the same outcome, so why bother? Even if it hurts you deeply not to, it's gonna hurt you more if you do; and the desire does decrease overtime. I'm single and young, I assumed it would be impossible, but I know now that that is far from the truth. Even when I am in my college environment where many women are dressed provocatively, I know better than to stare and fantasize - it will only make things more difficult for an amount of pleasure that is not worth it.

and even if you fall, you can always get back up. That's why even after I did break down and turn schmutz on, I remembered that this was not the end of the world, I don't have to go through with it, and can stop watching and call my accountability partner.

Had I not taken these steps, I would likely not have reached 90 days.

Also important to remember that you're human and male. That these desires are totally normal and you are not evil for having them; just need to channel them into the right place.

Great Post! Great list of strategies - thank you!

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Re: Time to change for good

Posted by Yeshar - 21 Jul 2022 23:08

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Been struggling A LOT lately with fantasizing. I'm not even considering going back to watching schmutz, but I'm finding it very difficult to watch my mind.

I'm taking a summer course, and my partner in my lab class is a female. She's not Jewish, but we're similar culturally, and I find her very attractive and friendly, and I'm falling in infatuation. Basically I have a thought, try to stifle it, but then I kinda enjoy it even more...

It's not much longer that I'm in this class, and it's not every day either, but pretty soon the Fall semester will start, and I'll basically do what I can to get male partners in my labs then.

I feel much better that I'm writing this out now, and am open to any tips.

What I find very interesting is that these urges usually come, during the times when I can't listen to music. It was very difficult for me to fight urges without music during the Omer, and when I ended up listening to music, it was much easier and not as frequent. As sad as it is for me to say, I think I may just have to not follow this minhag, until I get stronger in my fight with the YH.

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Re: Time to change for good  
Posted by future paltiel - 21 Jul 2022 23:55

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Hi Yeschar

how tough is your challenge! I don't know what I would have done if I was in your position.

How is college going? What are you studying?

When it comes to music you might want to ask a Rav as it is not something easy to be matir.

If it is not possible there are some great Jewish acapella albums like Benny Friedman's or a kumzitz in the rain etc.

Im sure the chevra here know of plenty more!

Hatzlocha

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Re: Time to change for good  
Posted by Vehkam - 22 Jul 2022 00:23

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i didn't check yet regarding the three weeks but for the omer i was told without hesitation that i could listen to music if i use it to help me with this.

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Re: Time to change for good

Posted by Yeshar - 14 Nov 2022 06:03

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Hey Everyone,

?It's been a while since I've posted here.

Unfortunately I had a fall shortly after my last post. Today is my 111th day since that fall.

Something that's been bothering me lately is my inability to wake up in the morning - the fact that I'm writing this at 1 am in the morning obviously isn't helping - I definitely need to work on going to sleep on time. But more than that, I am once again dealing with some really difficult dreams. The past couple of weeks have had lots of fantasy type stuff, but now it's gotten weird.

I had a dream the other day where I was "making love" to my toilet seat. I think this is my subconscious basically analyzing my previous actions of all the times I was in the bathroom

and would watch inappropriate stuff and - well, do what happens when you watch that stuff.

Honestly the dreams don't bother me so much, since once I am up, I am able to control myself pretty well, what bothers me is the fact that I "have a swim" because of the dreams. And when it is every day, it gets a little worrisome. Hopefully will cease to have them soon.

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Re: Time to change for good  
Posted by Zedj - 14 Nov 2022 06:14

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Welcome back!

I suggest not to be obsessed about the dreams.

I experienced fantasy dreams/wet dreams almost every friday night for a few weeks consecutively..I was freaking out.

anyways, it eventually stopped BH.

Keep at it. Your doing amazing!

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Re: Time to change for good

Posted by Yeshar - 17 Nov 2022 05:45

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Ok, need to write something now - something I'm not proud about.

Some backstory, when I was younger I found that my dad had lots of "stuff" sent to him by his friends. I would watch a lot of this, "stuff" on his phone. He still gets this stuff sent to him all the time, and YouTube also recommends him a lot of stuff like this.

I was in the kitchen when I heard my dad watching something which triggered me.

My dad left his phone when he went to bed... and I spent the past hour watching all kinds of stuff.

I did not break, and I hope this never happens again. Truth be told, while I don't feel great, I'm happen I did not go all the way - but this is a slippery slope, and I will safeguard myself from this ever happening again.

I know my dad's code to his phone, so I'm gonna get him to change it somehow. I will also leave the room if I hear him watching this kind of triggering stuff.

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Re: Time to change for good

Posted by Hashem Help Me - 17 Nov 2022 12:19

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Pretty traumatic for a kid to find out his father is viewing that stuff. You are a hero buddy for the way you are dealing with it. Your children will iyh never need to experience that sort of shock and disappointment. One mistake in your post - **You** should be very proud. **You** are a hero.

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Re: Time to change for good

Posted by Human being - 17 Nov 2022 21:44

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Copy paste. Hero.

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Re: Time to change for good

Posted by Yeshar - 18 Nov 2022 00:51

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Thanks guys for the heartwarming words. I had a terrible migraine today which lasted for several hours, I had to leave class, and get to bed. It doesn't usually happen to me. I feel like it's a message from above, to discourage me from doing what I did last night. I could def be reading into it a little too much, but something similar happened to me when I broke the last time, although worse. So I definitely think that Hashem is on my side, and telling me that I don't need this stuff - it will only bring me to headaches and pain.

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Re: Time to change for good

Posted by yeshar - 30 Oct 2023 20:41

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Hey everyone,

Wanted to post again just saying I'm doing much better overall. I don't really care for counting days much anymore but today is day 461.

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Re: Time to change for good  
Posted by chaimson - 31 Oct 2023 18:58

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Wow wow that's the only way

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