

scared from the urge to come

Posted by crispy - 19 Sep 2023 17:22

I am b"h 11 days clean. and i thank hashem with all my hart for this success.

but the story is that in all of this 11 days I didn't have any urge at all. it even starts to feel like this problem is completely gone, (which is most prob not the case). and I am very scared of the moment when this urges will come flying in my face, and they usually come in groups. I dont have menucha from this fear. i cant focus and be happy with my accomplishment cause this fear keeps popping in to my mind.

any thoughts on how to deal with this fear?

also how can i prepare myself for the urges that will most probably come back?

f2f program really helps. but i am sensing a storm and i feel i need something to feel strong (maybe someone can tell me which specific clip from f2f will be good for my situation)

its always great to hear advice from the intelligent people hear.

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Re: scared from the urge to come

Posted by Hashem Help Me - 28 Nov 2023 21:15

Mazel Tov on 30. Think about it rationally. If you did 30, isn't it safe to assume you can do 300, 3000....?

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Re: scared from the urge to come

Posted by crispy - 29 Nov 2023 20:16

[Hashem Help Me wrote on 28 Nov 2023 21:15:](#)

Mazel Tov on 30. Think about it rationally. If you did 30, isn't it safe to assume you can do 300, 3000....?

With great respect, my answer is absolutely not!

I couldn't do even one day.

This is a %100 gift that ive got

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Re: scared from the urge to come
Posted by crispy - 29 Nov 2023 20:28

[crispy wrote on 29 Nov 2023 20:16:](#)

[Hashem Help Me wrote on 28 Nov 2023 21:15:](#)

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With great respect, my answer is absolutely not!

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This is a %100 gift that ive got

And it is only recognizing that helped me get here.

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Re: scared from the urge to come
Posted by boca19 - 30 Nov 2023 15:52

Dude!!! That's amazing!!

I can totally a million percent relate to fighting with your wife and based on that getting crazy urges...How would you say you deal with that in general??

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Re: scared from the urge to come
Posted by boca19 - 30 Nov 2023 15:53

Wow wow WOW!! Dude Mazel Tov! That is an incredible cause for celebration! Keep it up brother!!

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Re: scared from the urge to come
Posted by true_self - 30 Nov 2023 21:11

Mazel tov! kein yirbu!

But do you believe that you are worthy of being gifted with 3000000000000000 days? And would you accept the gift with your entire heart?

KOMT! you are awesome beyond words!

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Re: scared from the urge to come
Posted by crispy - 01 Dec 2023 17:37

Our brains are so messed up!

I am literally faring the fact that there has been two weeks that I didn't feel urges.

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Re: scared from the urge to come
Posted by crispy - 03 Dec 2023 19:48

[boca19 wrote on 30 Nov 2023 15:52:](#)

Dude!!! That's amazing!!

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Regarding the urge itself, I personally deal with it the same as any other urge.

The balai batim forum is full of discussions about marriage advice related to our struggle.

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Re: scared from the urge to come
My general way to deal with this is by not fighting with my wife.
Posted by crispy - 04 Dec 2023 19:51

I know I am repeating myself, but I must express this again.

The urge surfing tool is so amazingly powerful! it's unbelievable.

Last night, after a few weeks of being free of urges, it hit me really bad; I was definite that I would not have the coach to hold back, but B"h I to the ten-minute urge surfing, and the urge passed by.

Thank you, Hashem, for the kindness of 36 clean days.

Together with all people who are celebrating ?? ???? or ?? ???? , I am celebrating my own ?? ?????

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Re: scared from the urge to come
Posted by true_self - 04 Dec 2023 21:35

That's wonderful!!! keep it up! celebrating together from afar, with Some vodka, steak, and warm hugs!

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Re: scared from the urge to come
Posted by crispy - 04 Dec 2023 22:48

[true_self wrote on 04 Dec 2023 21:35:](#)

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Re: scared from the urge to come
Posted by Hashem Help Me - 05 Dec 2023 12:25

[crispy wrote on 04 Dec 2023 19:51:](#)

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GYE has to publicize this post. New guys who join have to see that others who struggled mightily have learned real techniques that work. The guys with yi'ush have to know there is actually a way out. Meanwhile - continued hatzlocha b'ezras Hashem.

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Re: scared from the urge to come
Posted by crispy - 05 Dec 2023 19:09

[Hashem Help Me wrote on 05 Dec 2023 12:25:](#)

[crispy wrote on 04 Dec 2023 19:51:](#)

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Thanks for those kind words!

so far the urge surfing works wonders for me. i pray to heshem that it could keep helping.

I urge everybody to keep praying for me, I still need a lot of strength.

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Re: scared from the urge to come
Posted by crispy - 05 Dec 2023 19:13

I have a technical issue that when i am updating my 90 day challenge, it does not change the number of days. its already for a week on the same number. if someone knows how to fix this i would greatly appreciate.

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