

my (new) journey

Posted by zzz613 - 10 Oct 2023 04:54

hi

so its very difficult for me to write but i want to try my best .

ive unfortunately been at this for years form shortly after my bar mitzvah, ive actually been here on this forum a few years back but i cant remember the name of that account so ive created a new one.

this time circumstnaces are differnet and i im taking much more tangible steps towards recovery then what ive ever done previously, even more then when i joined here back then and posted (which was a huge deal for me in its own right).

one of the things i plan to do is post here and keep updating.

BH at this point ive 2 and a half weeks clean which is priceless on its own right even if i were CH"V to slide right back now.

ive never had such a yom tov which although there was lots of stress was so uplifting to be clean, and it was from before Yom Kippur so i felt that ???? continuing on something ive never had before.

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Re: my (new) journey

Posted by Hashem Help Me - 19 Dec 2023 05:14

Buddy, you are a hero.

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Re: my (new) journey

Posted by chaimoigen - 19 Dec 2023 05:49

Mazal Tov on the new baby, on the new life.

You're special. Please try to articulate your thoughts. They help us all!

Bright, I missed your question before. The answer to how my hands stay warm is that I always

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Re: my (new) journey

Posted by bright - 19 Dec 2023 19:27

~~keep holding on to other good Chevra here~~

and to bright with whom im in touch (not enough)

Its probably enough for you, but not for me;)

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Re: my (new) journey

Posted by zzz613 - 11 Jan 2024 04:04

hi

its been a long time since i last updated.

ive been around a bit on the forum but haven't posted here.

B"h im continuing doing well.

i have been having lots of urges and challenges (sometimes ore sometimes less), ive B"h been pretty consistent in either outright ignoring them (and thereby not allowing it to grow) or telling it "go away *dont* come back another day".

ive noticed how alot of the urges ive been getting recently are different then what i used to have.

?whereas previously i would have the pull to masturbate i now get the pull to **go be masturbater** , in other words theres this feeling to go be and act as someone other then who i am.

and whereas previously i would fantasize about doing X/Y/Z with X/Y/Z now i get the urge **to fantasize** or a fantasy comes in (before i shoot it down) about **being in a life** where i will do X/Y/Z.

itll come to my mind the feeling of oh how i wish to go back and **be the person** watching movies ect.

in other words alot of my current urges and pulls are pulls to me as a **outsider** calling me to **get in** vs urges to do what **i do** and what **i need**.

on the other hand i have been recenly getting this creeping feeling "ok youve had your nice time now lets get back to real life, do you really think your done with this?! sooner or later you'll be back in either way".

so while i do know that its not true and real lasting change is possible, it definitely is a very good trick on his side and i really gotta fortify myself against him.

Ps. sorry that my writing is not good and it may not be so clear, i thought that something is better then nothing.

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Re: my (new) journey

Posted by Hashem Help Me - 11 Jan 2024 04:51

Excellently written buddy. It is great that you now view the urges as coming from the outside instead of the urges being the real you. That is how we are supposed to view the yetzer hara in general. The nostalgic feeling of "if only i could taste that stuff again" is normal and expected. No need to fear it or panic from it.

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Re: my (new) journey

Posted by bright - 11 Jan 2024 20:46

Your amazing! The journey to freedom is paved with many stages. This is one of them. Keep running for the light!

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Re: my (new) journey

Posted by true_self - 11 Jan 2024 20:49

We really missed you!

Sorry that I don't have time to read your post, but I'll be more than happy to hear your voice again!

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Re: my (new) journey

Posted by zzz613 - 18 Jan 2024 03:40

Bh doing well.

by now its been 4 months already!!

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Re: my (new) journey

Posted by chaimoigen - 18 Jan 2024 03:57

[zzz613 wrote on 11 Jan 2024 04:04:](#)

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Ps. sorry that my writing is not good and it may not be so clear, i thought that something is better than nothing.

Just seeing this now. Such a powerful perception. And it's Chizzuk. These are not things **you do** anymore. They are things maybe you would **fantasize** about doing. That's completely different .

Growth is great. Mazal Tov on 4 months!

Many Many more!!!

This is the real,

Chaim

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