

Recovering from a Fall

Posted by sprather - 28 Oct 2024 19:42

I have struggled with this since I was 10 years old. I didn't grow up frum, so I was exposed to this stuff constantly throughout my childhood, and no matter how much I wanted to quit, I could never stop for long. I think the longest I was clean was probably around two weeks. I finally decided that I was done and signed up for GYE, and it was a game changer. I was suddenly capable of suppress and moving past these compulsive desires. I was clean for 37; I thought I was done for good. Then, over shabbat, I fell. I feel so bad about it. Coming off of that has made staying clean so much harder. I want to move past this, but now I doubt if I can. I just wanted to vent; thank you, to anyone to reads this.

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Re: Recovering from a Fall

Posted by jewizard21 - 11 Apr 2025 22:06

Don't focus too much on the big numbers. It takes each day, one day at a time. If we look towards a certain number and think once we get past that life is easier then we're just lying to ourselves. We're fighting for that number instead of changing ourselves so that at that number it gets easier.

Changin how we view women, how we view sex, and how we view this nisoyon is the key to long term success.

If we have a healthy perspective with regards to these areas and we work on internalizing them then that's true success.

But in the end, yes it gets easier.

Have a wonderful shabbos and a wonderful pesach.

Keep on Trucking, One Day At A Time!!

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Re: Recovering from a Fall

Posted by sprather - 13 Apr 2025 17:30

I don't disagree with you at all. I understand that my ultimate goal is to rid myself not only of all aveira, but even of hirhur aveira. It's not about hitting some arbitrary number, it's about coming closer to G-d. Hitting numbers does give me some encouragement, but it can in no way replace the actual goal. I have a question though. The Gemara (Sukkah 52b) says "Rabbi Yochanan said: A man has a little organ. If he starves it, it is satiated; if he satiates it, it is hungry." I have noticed some improvement in my disposition, but I still have urges most days. Will it ever come where go weeks without thinking about this? Will it ever come that I will be able to speak to women my age and not have inappropriate feelings?

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Re: Recovering from a Fall

Posted by sprather - 17 Apr 2025 12:20

B"H, the past few days have been going pretty well, but I've been struggling a lot today. I really can't explain what it is, because I haven't done anything different today, but I've had a really strong urge to act out. I would really appreciate some chizuk.

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Re: Recovering from a Fall

Posted by Muttel - 17 Apr 2025 13:42

The yetzer hora is nervous that he's losing an easy customer. Staying clean is a massive achievement in and of itself - this is not just about staying away from garbage.....

A tip or 2 can be to a) reach out to an accountability partner, b) make sure you're not triggering yourself (through sight, thought, and touch).

Do you have any unfiltered devices within sight? Are you seeing more women than usual that you're finding triggering? Definitely Yom Tov has its built in pressures that can make things difficult....

Reach out to one the mentors here than can give you chizuk on the phone.

Just know that Hashem is calling his Angels together and telling them "see my son Sprather, how he wants to come close to Me. He wants to do the right thing and is working towards achievement of control over the beast. How proud I am of him!!!!!!!"

Be proud of your accomplishments!

Best of luck with all,

Muttel

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Re: Recovering from a Fall

Posted by sprather - 17 Apr 2025 14:11

I haven't changed anything about my environment, but being pent up in my dorm all day is probably not good for me. Previously, bein hazmanim has been a very tamei time for me. I have stayed clean throughout this bein hazmanim, but the fact that I am without much structure, and spending so much time in the dorm, has made this harder than usual. I guess the one thing that probably bears mention is the fact that I often have bad thoughts when waking up. Over bein hazmanim, I have been lying in bed for a while before getting up (I know in Mishlei it says "how long will you lie there, lazybones; when will you wake from your sleep? A bit more sleep, a bit more slumber, a bit more hugging yourself in bed, and poverty will come calling upon you, and want, like a man with a shield.") Sometimes (this was true this morning) I let myself lie there and think these evil thoughts, which doesn't help me for the rest of the day. I guess I really ought to be more diligent and force myself to get out of bed upon awaking; I shouldn't allow myself to lie in bed and fantasize while half asleep. Thank you so much for the support! I have a friend who I sometimes talk to about these things, but I haven't established him as a kavua accountability partner. Maybe I should have a talk with him explicitly about that. (Currently he's in the states, which makes it more tricky, but in general, I think it is good to have a peer that you can talk to about these things.)

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Re: Recovering from a Fall

Posted by Muttel - 17 Apr 2025 14:15

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