

Hard Fall ??

Posted by puremind - 01 Aug 2025 13:02

I BROKE A RECORD IN YEARS AFTER A WEEK ON GYE!!

I joined 3 weeks ago, and I went thru the forums this week for the first time and something in my mind switched.

Till now, when an urge would come I would just give in and fall, I would think to myself, "its normal, its healthy, its natural" probably due to the western culture, justifying all evil.

After going thru the forums, and seeing that, no, urges are meant to come, and I am meant to overcome them, not give in and fall to them. I decided to give it a try, and when I got the urges I would battle them and not give in, time and time again, until I saw a 9 DAY STREAK W/O P OR M!

This is tremendous for me, it has been yrs since I got such a long streak!

Sadly, this morning I fell with M, and whats rllly sad is that I didn't even have an urge, I just fell on purpose... cause why not:(

and later on in the afternoon I fell again and "peeked" at P...

?Thing is, I was rllly hopeful that I would reach a 30-40 day streak, I was on a high.

In addition, I dont rllly feel all that guilty which bothers me too!

Another problem is that once I fall I just tell myself: " You're already down, just enjoy till the end, and then get back up" as opposed to getting right back up. after one fall.

Hope for some insight and help, thanks heilige yidden!

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