

Recent posts that really resonate

Posted by starting - 31 Jul 2020 01:13

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If you have already read this post, read it again

If you have not, read it twice now

[starting wrote on 28 Jul 2020 20:52:](#)

"starting" post=353099 date=1595969544 catid=19

In about 10 hours I reach level 1: 24 hours clean

In 18 days I will beat my current longest streak

This mornings post did not have this tone

I just had a phone conversation with my greatest mentor on GYE.

?This was the most powerful thing that can ever be done on the path to recovery.

I just spoke to a guy who is over 1000 days clean. Before that he was doing the same things as me. He may have even felt it more 'necessary' than I do now.

I spoke to someone who is pure love. Just wants to hold my hand and lovingly guide me out-at my pace and in a way that's appropriate for me.

Does not care to know who I am, where I'm from or what Shul I daven in.

Just wants to share his extensive knowledge and experience.

And I now have much much clearer understanding in how to view this habit and ly"n break free.

My dear friends

I beg you

This is the most relieving move you can do

Forget about masturbating as a stress reliever.

There is a much more pleasant way.

PICK UP THE PHONE AND CALL SOMEONE EXPERIENCED.

SOMEONE WHO HAS BEEN THROUGH THIS AND CAN GUIDE YOU OUT OF HERE.

SOMEONE WHO CAN RELATE TO EVERYTHING YOU ARE GOING THROUGH.

People who have broken free can relate to you. Can love you more than you love yourself and believes in you more than you believe in yourself.

Because we are still stuck in it. They, the on other hand, are looking from the outside and not judging you by what you judge yourself. Because you look at yourself (even if you don't realise) to some degree, as a loser. Because you are stuck in it.

They are looking from the outside and they see you as a person and your habits as an external 'situation' that is clinging itself to you. It's not you!

And through a phone call they can help you see that and plenty more that you cannot possibly see by yourself, I only chose one point to elaborate on but there is so so much more I can say.

Pick up the phone!

Speak to someone!

It is the greatest, most important, possibly the hardest though it shouldn't be and the most powerful step towards breaking free

What are you waiting for? Why are you still reading?

Pick up the phone

All my love to myself and to all of you

Starting

You might say it's too hard, too scary, too nerve wrecking but I'll compare it to something you've probably experienced.

You see this food and it's not quite your style. Too be frank, it looks gross. Maybe it's the first time you saw sushi, sashimi or gravalux. Maybe it was a rare steak. It could have been corn or pineapple on pizza or really anything with (black) olives, you get the gist.

Comes along your friend and starts raving about it. Just goes on and on about it.

Eventually, you take the plunge and give a try.

You like it.

You really like it.

And you kick yourself for your years of perceiving to hate it.

Take the plunge. Leap the leap. This is one move you won't regret. This call will take you places.

I can not attempt to explain the difference between reading and writing dozens of posts on the forum and a single phone call.

Special thanks to @snowflake and @hashem help me for gently convincing me to take this step. Shame it took me so long but I look forward to being in touch with both of you regularly

I'll say one more thing.

I have been writing very honestly on the forum and I have been helped tremendously, thank you all.

As you have all read, I was a pretty bad guy acting out and doing bad stuff. Recently, I've embarked on a serious journey to purity and teshuva.

However, after one phone call, all that changed.

Retroactively, I became a good guy who has made mistakes. Or pulled into it perhaps.

I signed off that post saying 'all my love to myself'

Without going into detail, I'll just say that I meant it. I will say that when I wrote that, I cried.

And when read that later, I cried.

And when I reread that I cried.

For no reason. Nothing drastic happened.

Just a change in perspective.

I also thought that I could manage without getting emotional.

I am made of strong stuff.

Tough material.

Which means that a lost battle equals to some extent and subconsciously, a loser.

One phone call and I can look at this fight from a different angle.

I'll soon I will learn to surrender my lust.

It's OK to need help especially from god.

I will stop here, I could go on and in but that's more the type of this to do in speech not in writing

Please my dear friends

Reach out

Reach and out and be helped

After all, it's only sushi

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Re: Recent posts that really resonate

Posted by excellence - 27 Oct 2020 20:48

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This thread is brilliant. instead of skimming through hundreds of threads you have brought the most powerful posts into one place. please keep them coming and yes talking on the phone cannot be compared to just posting on the forum as mentioned so beautifully earlier on in this thread.

Thanks so much to all of you who care so much.

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Re: Recent posts that really resonate  
Posted by starting - 28 Oct 2020 13:22

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[??? ???? ???? ??? wrote on 27 Oct 2020 13:06:](#)

Day #48.

The desire does not go away, but as the days go on it becomes less of an option.

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Re: Recent posts that really resonate  
Posted by starting - 28 Oct 2020 13:28

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[wilnevergiveup wrote on 28 Oct 2020 05:24:](#)

The main ides here is to nip it as early as you can. We all fall into the trap of "if I give in a little, it will leave me alone for a while". I don't really know why after all this time we still fall for it...

I don't know anyone who fell who didn't first give in a little. On the other hand, anyone who succeeds does so by saying no.

Wilnevergiveup

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Re: Recent posts that really resonate  
Posted by Grant400 - 02 Nov 2020 17:24

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[starting wrote on 02 Nov 2020 15:10:](#)

Had a bit of a rough time last night, y'h found a reason for me to fall.

There was a problem though, which he didn't reckon with; I don't do that stuff. It's not me. Finished. No. What the heck? What for?

So I u have a list of things that people like me do aka distractions list and kept busy.

Simple theory: I don't do x, I do do a, b & c.

Hatzlocho

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Re: Recent posts that really resonate  
Posted by starting - 12 Nov 2020 20:57

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[Grant400 wrote on 11 Nov 2020 20:31:](#)

And what happens when you are confronted with something that you know is for sure bigger and harder than any urges you had before???

You remember how before starting everything seemed impossible and everything seemed too tremendous to overcome, but in reality it wasn't like that. So too in every single case, even if you tell yourself "this time is too much", remember how many times before now you thought the same thing. Yet you still overcame it.

Nothing is too big for us, we always have a choice.

Grant

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Re: Recent posts that really resonate  
Posted by starting - 20 Nov 2020 07:01

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From @iampowerless' signature :

“I avoid looking forward or backward, and try to keep looking upward.”

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Re: Recent posts that really resonate  
Posted by starting - 24 Nov 2020 21:11

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[GrowStrong wrote on 16 Jan 2017 14:43:](#)

....And when today gets hard, just do it for a few more minutes the way you pulled it off last



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Re: Recent posts that really resonate  
Posted by starting - 24 Nov 2020 22:40

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[Gevura Shebyesod wrote on 25 Jan 2017 15:31:](#)

This truck doesn't have a gearshift. It's not a sudden change. It's like a CVT, it shifts little by little. Each time t you make the right choices, you're making it easier for next time.

KOMCVTT!!

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Re: Recent posts that really resonate  
Posted by starting - 16 Dec 2020 06:23

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[YeshivaGuy wrote on 16 Dec 2020 03:04:](#)

People ask me “How did you do it? How did you overcome this particular nisayon?”

And the answer is,

I don't know.

But I do know that it was this chevra here which debunked the lies I had been fed by the entertainment industry.

I am not a slave to lust.

I am the Baal HaBus over my Self.

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Re: Recent posts that really resonate  
Posted by starting - 21 Dec 2020 06:33

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[Hashem Help Me wrote on 03 Apr 2017 11:17:](#)

I used to have the thought when reading posts of people who have been successful of "when will i be there?" Now the thought is "what do i need to do to get there?"

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Re: Recent posts that really resonate  
Posted by Captain - 21 Dec 2020 13:56

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I think the real question we must ask ourselves when we reach 90 days is "Do I want to be someone who did 90 days and then goes back to being his old self or perhaps an improved version of his old self, or do I want to be like Hashem Help Me?"

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Re: Recent posts that really resonate  
Posted by starting - 22 Dec 2020 06:30

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[Zedj wrote on 20 Dec 2020 19:02:](#)

You can decide if you were successful or not.

If you are focused on not being mzl then I guess with a grain of salt you can say you were successful..?

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Re: Recent posts that really resonate  
Posted by starting - 22 Dec 2020 16:30

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[Hashem Help Me wrote on 22 Dec 2020 12:30:](#)

[90dys wrote on 18 Dec 2020 06:16:](#)

...a lot of gentile entertainment might appear harmless to a secular person, but because we have a different neshama, we need to be more careful....

Emes L'amito! While that metzius can be misunderstood as "the sheltered kid going nuts when he gets exposed" (a talking point for the more liberal folks), your point is spot on! Our neshamos are delicate and therefore, suffer far more from what society believes to be benign.

A dust particle that falls on any revealed part of our skin is not even noticed. However if it falls into the eye, one can suffer immensely until it is removed. That speck of dust basically paralyzes a person for the duration of the blinking, washing, rubbing, etc until that nuisance is gone. And even then the itch remains for a while. Our spiritual eyes are no less sensitive than our physical eyes. An inappropriate image - and that does mean pornographic, rather **any** inappropriate image can chas v'shalom wreak havoc on our spiritual balance and paralyze us. And yes chaverim, the world is a dusty place. The least we can do, is follow the directives of chazal - "Ika darka acharina", and avoid unnecessary sights whether online or in real life, by planning in advance where we want to go and how we are getting there. That, and davening each day "V'lo li'yedei nisayon" is what Hashem wants from His tzaddikim in 2020.

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Re: Recent posts that really resonate  
Posted by starting - 23 Dec 2020 07:15

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[gibbor120 wrote on 12 Sep 2013 17:22:](#)

While a filter is obviously not foolproof, it is a wise idea even for techies who can get around it. It still makes it more difficult and puts at least a "heker" between us and porn.

I am considering removing the railing by my staircase. It should be my responsibility not to walk too close to the edge of the stairs, and I can always jump over the railing anyways if I really

my \$.02.

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Re: Recent posts that really resonate  
Posted by starting - 27 Dec 2020 05:58

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[Realestatemogul wrote on 25 Dec 2020 06:09:](#)

Thank you all for the very kind words!

want to. Just sayin

I was recently extremely humbled by watching a certain huge talmid chacham being interviewed. When asked how the talmid chacham was able to become who he was, he said he was blessed with a very easy life. He grew up in a home that Torah was paramount, so it was only natural for him to spend so much time and effort in his learning. That was his response.

I have no doubt this talmid chacham has had many challenges and that the y"ח didn't just let him have it easy. However, he clearly had the attitude that it is easy and that he is just doing ratzon Hashem.

There is a mussar concept to make a nisayon less and increase emunah (slightly misquoted but you will get the concept). We see it when Yaakov went to Rachel and Leah about leaving their fathers house and explained all the hardships that he went through, and they responded agreeing that it was rough for them. There is a major question! Hashem just told Yaakov to leave Lavan! He should have said Hashem told us to leave and we are out of here, and Rachel and Leah should have said, "we will do it because Hashem said!" The lesson is that a person should make a nisayon less challenging if possible and not say it is hard but I will do it anyway.

I think that is what the Talmid Chacham was saying that he had it easy. He had trained himself that it was only natural for him to become a Rav and learn Torah, so he was able to stay focused and not get distracted by other things.

Maybe that can be applied to our challenges as well. The most important thing that has helped me get to where I am was/is **attitude**. When I finally stopped being so harsh on myself I was able to start getting above the water. When I started to celebrate every victory I started to realize that I could overcome this! I think that is this same concept of lessening the challenge.

When I came to GYE I thought it was an (almost) impossible thing to break free. Ironically, the more I was able to convince myself how possible it is to break free the more I broke free.

Breaking free is really attainable!!! Everyone can break free and it just takes a little bit of effort every day!!! Every second you are clean is worth more than you can imagine!!

Day 8 and onwards!

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