

Recent posts that really resonate

Posted by starting - 31 Jul 2020 01:13

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 starting - 01 Sep 2020 09:59

[Hashem Help Me wrote on 31 Aug 2020 02:57:](#)

.... isn't the real simcha the fact that you bh have graduated.....? You have decided that this garbage is just not available anymore. It is similar to every once in a while we dream about what we could do with a few million dollars, yet we don't entertain the thought of robbing a bank....We all get urges - strong ones at times but we don't watch that poison anymore....

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Re: Recent posts that really resonate
Posted by starting - 06 Sep 2020 06:19

[Grant400 wrote on 04 Sep 2020 16:10:](#)

My question is: Are you only focusing on the fact that it's a sin and you know it's wrong to indulge, or are you simultaneously working on gaining respect for the positive attributes of being clean?

Learning to love and appreciate the good and pure, and not just to despise the bad will help you achieve your goals.

When fighting an urge, let your thoughts be about how much you want to stay clean, about how beautiful every breath is when in control, in addition to the understanding of why its wrong.

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Do what's right because it's right and not only because it's not wrong.

Grant

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Re: Recent posts that really resonate
Posted by starting - 06 Sep 2020 06:40

[wilnevergiveup wrote on 06 Sep 2020 05:46:](#)

140 days!!!

.... If I pursue it GYE won't stop me, only I can.

I used to think that when I struggled there was only one way for it to end the question was just how long I would be able to hold out.

Now, although the fight is not easy, I realize that there is a another way for it to end.

.... I am learning that when they come I have to be calm (no freak out, "here we go again...") and tell myself firmly, there are two ways for this to end, one is easy and painless (not going to say feels good because even then I know how awful it is after) and the other is difficult and painful. I will choose the difficult one because my life depends on it. There is no other choice, the other one is really death for me, it will cause me to have 3 days that I can't look at myself or my wife. Three days where I feel like there is nothing I can do to fix myself, like I am a hopeless hunk of flesh obsessed with satisfying my own desires without any regard to others.

It has to be as strong as steel, I love my life right now and I know that I will hate my life after a fall and I have to say, it's much more pleasant to love your life then to hate it. I spent a large chunk of my adult life hating it, and I'm finished.

.... I want to be able to choose. Doing whatever I desire is not called being able to choose. That's called being controlled by my desires. If every struggle ends with choosing the easier option, is that really called doing what I want? It's not called making a choice if the other option is not even a choice.

I daven every day that Hashem should help me in my struggles

.... May Hashem grant us all the ability to become better people by making the changes we need to make that will allow Hashem to pour over his *siyata dishmaya*.

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Re: Recent posts that really resonate
Posted by starting - 13 Sep 2020 14:09

[Grant400 wrote on 13 Sep 2020 05:35:](#)

.... I think about the actual pleasure I will have instead of the blown out of proportion fantasy promoted by the yetzer hara.

Think about it, the desire for the pleasure of the indulgence is greater than the actual pleasure. We all experienced that. We act out and say to ourselves "So that was what I drove myself crazy about? That's what I gave up so much for"?

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Re: Recent posts that really resonate
Posted by starting - 17 Sep 2020 10:37

[wilnevergiveup wrote on 17 Sep 2020 06:02:](#)

?The word teshuvah means to return to the path that leads Shleimus (100% good) we don't need to be perfect, but we need to return to the path that leads there.

Would love to have a mekor for this pshat in the word teshuva but definitely fits right in with what we know of where we should be heading and I absolutely love this line

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Re: Recent posts that really resonate
Posted by wilnevergiveup - 17 Sep 2020 11:22

[starting wrote on 17 Sep 2020 10:37:](#)

[wilnevergiveup wrote on 17 Sep 2020 06:02:](#)

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I think I heard it in a shiur from Harav Gifter ZT"L. I am sure there is a mekor somewhere, I will try to look into it.

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Re: Recent posts that really resonate
Posted by starting - 27 Sep 2020 13:18

[YeshivaGuy wrote on 27 Sep 2020 03:10:](#)

Whew! Tons of taiva right now, heart pounding and all...

But nope! I'm winnin this one.

Aaaaaahhhh!!! Sooo hard.

But no thanks!

A life of Dveikus is waaaayyy more Geshmak.

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Re: Recent posts that really resonate
Posted by starting - 07 Oct 2020 15:48

[Captain wrote on 06 Oct 2020 12:51:](#)

Well, obviously the yetzer hara is always truthful and correct.

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Re: Recent posts that really resonate

Posted by wilnevergiveup - 07 Oct 2020 15:55

[starting wrote on 07 Oct 2020 15:46:](#)

Day 33

My wife had a go at me today about our financial situation

Came awfully close to masturbating my brains out

Multiple times

One thought that went through my mind then may be beneficial:

It will take multiple falls to relieve this

I will still be stuck financially then

My wife will not change her attitude

I will feel even worse

And, I will not enjoy the fall at all

It will just give me the feeling that I'm free, that I can do as I wish

But at the same time I will still feel the stress and burden of having to pay the bills

And I will be depressed as I do it and afterwards

I am now realising that this thought process signals the progress of recent months

Both, that it comes up in my mind in times of nisayon and that it was a real deterrent (and least at 33 days, I doubt I would have held back on day 10)

And while I hope and pray that my finances will be simpler and that I should not have these nisyonos, I thank hashem for revealing to me in such a clear example how great I can and will ly"n go on to be

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Re: Recent posts that really resonate
Posted by starting - 12 Oct 2020 19:45

[wilnevergiveup wrote on 12 Oct 2020 08:35:](#)

[YeshivaGuy wrote on 12 Oct 2020 08:22:](#)

Fine I'll delete the app.

Yetzer Tov, tonight You win.

Gn

Yetzer Tov doesn't win, I @YeshivaGuy (or whatever your name is) wins.

It's funny, the ba'alei mussar point out, imagine a conversation in your brain between the Y"H and Y"T. one of them is always talking as you and the other talking as an outsider. Can you guess who is who?

It's always "I" need to do x, y, or z and the Y"T *nebach* has to stand on the outside telling you, "you know, really "you" shouldn't etc. ain't that backwards?

This is how the Y"H tricks us, he makes us think that he is us (this is what it means when Adam Harishon sinned the Y"H went inside of us. He is not just in our subconscious minds, he actually has us defining ourselves by his terms).

We can't forget that the truth is the opposite, we are our neshama, our intellect. It's not a battle between the Y"H and Y"T, the Y"T doesn't win, You do.

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Re: Recent posts that really resonate
Posted by starting - 18 Oct 2020 19:54

[Grant400 wrote on 16 Oct 2020 16:32:](#)

[90dys wrote on 16 Oct 2020 15:34:](#)

October 16, 2020

Thought of the day:

?OK, so yetzer yara nails me by telling me that today was easy...so doesn't really count as "clean day." Answer: I guess my avoda for today is different - not to conquer urges but simply to thank Hashem for giving me a break.

Food for thought: Even though it was an easy day without any heavy urges or extreme desire, if you were a classic goy, would you have acted out anyway? Probably. Dessert is delicious even if it isn't a necessity.

So there you have it, CLEAN DAY!

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Re: Recent posts that really resonate
Posted by starting - 18 Oct 2020 20:24

"wilnevergiveup" post=356249 date=1602749534 catid=19

In the beginning we try to do everything in order to stop, we smash our phones, get filters, put restrictions, often we do these things just for us to feel like we are doing something when in reality what we need to do is work on self control.

Now don't get me wrong, those things are important, but essentially they are the easy part.

....

I once had a friend who was nice and overweight. every few weeks or so he would proclaim "that's it! I had enough! I am going on a diet!". He would then storm out and return a half hour later with bags and bags of food. He would go out and buy tons of "healthy food" bags of fruit and veggies, salmon, whole wheat bread and crackers etc. He would then spend most of the next two days preparing all his food, that was healthy of course.

It never occurred to him that you don't lose weight by eating more food just because it's healthy. It was too difficult for him to actually refrain from eating, all he was able to do was *do* and when he felt that his lack of control was too much for himself to bear he was compelled to *do* something about it, when in reality what he needed was to learn how to refrain.

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Re: Recent posts that really resonate
Posted by starting - 20 Oct 2020 20:54

[Im Tevakshena Kakasef wrote on 19 Oct 2020 10:19:](#)

....

I have had a more sheltered upbringing then you, No pretty girls around all the time. No interaction with the opposite sex. And I've often thought, 'if I could just be able to be normal around girls, I would be so much better off. Like if I could chill with them, it would make this fight easier, less pent up frustration and feelings of awkwardness. Not everything they would do would drive me up the wall. I wouldn't sexualize every little thing.' Sound familiar? No? Thought not. Cos its the total opposite of what you feel.

My point is the yetzer convinces us the grass is always greener. You have more interaction with girls, and feel that exasperates the taiva. I have less, and feel the same way. Whatever our matzav is, that is where Hashem wants us to be. You are in a horrid, taiva filled matzav. So do what you can in that situation, and move on.

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Re: Recent posts that really resonate
Posted by starting - 21 Oct 2020 19:17

This post, I believe was the most important post I have read anywhere.

Hit me hard. Until recently, even with good streaks, I still would have been describing what I'm not going to do in detail. Without even realising that I'm fantasising.

This, I think, is the defining line between being drenched in lust or living a serene, lust free life.

[cordnoy wrote on 13 Aug 2014 22:18:](#)

Title

FREE AT LAST (without bein' overconfident)

My wife goin' away

brings back memories

of all that i'd plan

on how I would please

....

in my olden days I'd get graphic

every detail I would share

but now that's no longer my focus

so we'll leave the past right there

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