

If I can, anyone can...

Posted by RoshYeshivasSon - 20 Aug 2013 18:03

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Long-time addict, have barely gone a day in 15 years without masturbating. I have only had one 35-day stretch a couple of years ago, and there is no reason I cannot at least replicate that streak, right? I don't know if I can, though; the emotional pain of trying again is almost too much to bear...but I have to try for the sake of my wife and children. If I can do this, virtually anyone can, but I don't know if I can. Anyway, today is my first day, Tuesday, August 20, 2013.

P.S. My screen name is true, but I won't give any more details for obvious reasons.

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Re: If I can, anyone can...

Posted by skeptical - 23 Aug 2013 20:18

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**RoshYeshivasSon**

I think the newness of joining GYE might have carried me through the first stretch on a high that can't be sustained forever.

I have only made it past a week once in my life. But this time I have GYE so I think it's gonna work

Who cares if it can be sustained forever? It doesn't matter to you now.

Who cares if you only once made it past a week? That was in the past and doesn't matter to you now.

Focus on living your life now.

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Do you *want* the garbage in your life? You seem not to.

Make a commitment and stick to it now. Don't worry about being able to sustain it in the future until the future becomes the present.

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Re: If I can, anyone can...

Posted by inastruggle - 23 Aug 2013 22:32

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Just curious, from what you said it sounds like you can go online onto porn when ever you like. Do you have a filter and accountability software?

They aren't the solution or cure but they help out immensely since it gives some breathing time to actually decide to fall and not just be able to get on at a whim's notice.

Anyway, hatzlacha and like skeptical said, take it one day at a time, don't worry about tomorrow till it happens.

good shabbos

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Re: If I can, anyone can...

Posted by MJB - 25 Aug 2013 11:29

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Welcome to GYE, Rosh Yeshiva's Son.

That tells us about your father, but why don't you tell us about yourself. You need good motivations for starting on this path and keeping it going, but ultimately the decision has to come from you not your family.

Also don't worry about streaks. Streaks are nice but are not the ikkar, just worry about today and in the end you will have accomplished many clean todays.

Good luck and keep up the positive feelings.

Eli (MBJ)

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Re: If I can, anyone can...

Posted by Dr.Watson - 25 Aug 2013 14:28

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Re: If I can, anyone can...

Posted by RoshYeshivasSon - 25 Aug 2013 15:35

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Day 6.

Great shabbos.

Dr. Watson; if you were Mr. Holmes maybe I would consider taking your advice!

Seriously speaking, I think "RoshYeshivasSon" doesn't really say more or less about me than the majority of screen names on GYE; they all tell us pretty much nothing, which is the point, right?

I have signed up with a group at the 90 day charts. Hopefully it will help me share more.

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Re: If I can, anyone can...

Posted by Dr.Watson - 25 Aug 2013 15:39

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Re: If I can, anyone can...

Posted by RoshYeshivasSon - 26 Aug 2013 07:43

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OK! Sunday down, closing in on a week into the rest of my life.

Thank you GYE.

Since I wrote "out load" on GYE that I am an addict, I feel like I have new strength to combat my problem.

Once you admit, you can commit.

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Re: If I can, anyone can...

Posted by thatguyoverthere - 26 Aug 2013 10:35

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Had trouble falling asleep yesterday night, thinking about the journey I have started, and how I recently introduced myself on the forum on the same day. I got out my phone and read through this thread. It gives me a lot of hope. Thankyou! We are in this together. It's day 2 for me. I've been on the 90-day challenge for over 4 months I think, and never made it to level 3.

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Re: If I can, anyone can...

Posted by RoshYeshivasSon - 26 Aug 2013 15:56

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BTW for an interesting tip see my post

[guardyoureyes.com/forum/2-What-Works-for-Me/216994-Black-Licorice](http://guardyoureyes.com/forum/2-What-Works-for-Me/216994-Black-Licorice)

It can help take the edge off for a while.

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Re: If I can, anyone can...

Posted by RoshYeshivasSon - 27 Aug 2013 00:53

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Monday, 4:45 PM.

Still on a high since starting a week ago; haven't even had any medium-strength urges. It's actually quite weird and a little scary, it's never been easy for me to go even a day or two, I don't know what's with me. The ONLY difference this time that I can think of is that I'm using the GYE forums to share.

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Re: If I can, anyone can...

Posted by gibbor120 - 27 Aug 2013 01:15

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WELCOME RYS! I was off the forum for a bit and missed your entrance. It's nice to have you  
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Anyway, you haven't said much about yourself. But one thing you have mentioned is

Anyway, you might want to take click on the Dr Sorotzkin link in my signature. His article and audio on perfectionism really helped me a lot. He has other good articles and audio there too.

Opening up and sharing is VERY powerful. Please continue to share as much as you can. MAZAL TOV on one week! MAZAL TOV on joining this amazing site with so many great people. It's nice to have you aboard.

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Re: If I can, anyone can...  
Posted by RoshYeshivasSon - 27 Aug 2013 05:56

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Got to one week.

I thought I was literally the LAST person who would have made it this far, but I did.

HA

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Re: If I can, anyone can...  
Posted by reallygettingthere - 27 Aug 2013 06:44

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How could **you** be the last person if I was.

Either way,

Mazal Tov! May you be *zoiche* to a *sach naca*hs from your effort!

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Re: If I can, anyone can...

Posted by RoshYeshivasSon - 28 Aug 2013 03:18

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First tough stretch.

So I see that youtube and even mainstream news sights can be a big problem. Especially youtube.

I guess I have to quit youtube. I never realized what a trigger it is before (because I used to just go straight to the shmutz sites).

I learned something new, something obvious, something people are saying all over these forums. But I didn't REALLY learn until I experienced it first hand. by by youtube. I'm not gonna miss wasting my time on inane videos.

Anyway I didn't fall. Going good on day eight.

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