

mischaretani's climb to 90

Posted by mischaretani - 21 May 2014 16:04

Hey everybody,

I'm new to GYE, and I figured it would be a good idea for me to open a thread to help me on my journey to 90.

I struggled with masturbation throughout high school, and on rare occasions I viewed pornography. But for the most part, masturbation was my problem. I quit pornography years ago, and was also clean from masturbating for a while. Until a few weeks ago I fell. Then I discovered GYE.

My wife knows about it, and she is extremely supportive and helpful. She is my daily inspiration, and I owe it to her that I am now at 25 days and counting!

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Re: mischaretani's climb to 90

Posted by dms1234 - 25 Nov 2014 05:28

Wow incredible!!!!!!!!!!!!!! Could you please elaborate on the steps you have taken to reach this point?

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Re: mischaretani's climb to 90

Posted by mischaretani - 25 Nov 2014 08:39

I haven't been counting on a daily basis. I check in to GYE every couple of weeks (sometimes more often, sometimes less) to update my current streak. Sometimes I check in and intentionally don't update it because I enjoy seeing it jump 20 days ahead.

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Re: mischaretani's climb to 90

Posted by mischaretani - 25 Nov 2014 08:51

Steps I have taken:

1) After I broke my porn-free streak of over a year, I completely broke down and tearfully told my wife about my problem. (I should point out that I was only addicted to masturbation. Porn was an occasional thing) I am not advising anyone else to do this, but given my situation, and the fact that our shalom baysis was excellent and has only gotten better, telling my wife helped me greatly. I was literally sick before I told her, and when she accepted me I felt like a ton of brick was lifted off my chest.

2) Next, I signed up for the climb to 90. I'm at 212 now. I know that people say "one day at a time", and there is a lot of truth to that, but 90 days did a lot for me in two ways. First, you begin to notice that after 90 days your brain adjusts and you begin to form new habits. I began to feel this in as little as 2-3 weeks, and as I got closer to 90 it got easier. Also, having all those days behind me proves to me that I can do it, and it encourages me not to break the streak, because it would take me another 212 just to get back to where I am now, and by then I could be up to 424!

3) At the beginning I read all of the chizuk emails. To tell you the truth I don't really connect with them so much. I prefer learning from seforim myself and attempting to apply it to my own life. But I still skim the emails a couple times a week.

4) Installed K9 on my computer and had my wife put in the password. And I added a button at the top of the screen, so I can add websites to the block-list even though I don't know the password

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Re: mischaretani's climb to 90

Posted by mischaretani - 25 Nov 2014 08:58

Turns out my wife is tamei again, just the morning after mikva night, and we were not even able to have a bed for the first time since 6+ weeks ago. But it was nice to share a bed for the first time since 6+ weeks ago, and now we have a little 3rd party to cuddle with us too! Our baby is really cute. Also, at least we don't need to wait the 5 preliminary days before counting ???? ?????, as per ???? ????? ???? ???.

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mischaretani wrote:

?) ????? ???? (??? '??') – "?????? ???? ????????? ?? ??? ?????? ?? ?????".

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Re: mischaretani's climb to 90

Posted by mischaretani - 01 Dec 2014 18:02

Still haven't been with my wife since the baby (almost 2 months). She became tamei the same night that she went to the mikva, and hasn't produced a clean hefsek tahara yet (8 days).

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Re: mischaretani's climb to 90

Posted by gibbor120 - 01 Dec 2014 21:34

It's a tough situation. Try not to count the days. Just accept things as they are right now. I know it is easier said than done.

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Re: mischaretani's climb to 90

Posted by dms1234 - 01 Dec 2014 21:49

gibbor120

I know it is easier said than done.

Who cares about "easier said than done," just accept things as they are now! Say everything is for the best!

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Re: mischaretani's climb to 90

Posted by mischaretani - 01 Dec 2014 23:10

@dms1234. No, I think gibbor has this one right. It is certainly easier said than done. I can say everything is for the best from today until tomorrow, but it is still frustrating. I CAN accept the things that are out of my control, and whether or not I like it, it is where Hashem wants me to be right now. That I can accept. But it's still frustrating and I am waiting eagerly for it to end.

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Re: mischaretani's climb to 90
Posted by lavi - 02 Dec 2014 02:21

i really feel for you. i had once a three month situation.

no way to calm the frustration. i just tried to keep busy when anything i could.

may Hashem have mercy.

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Re: mischaretani's climb to 90
Posted by dms1234 - 02 Dec 2014 02:38

I hear you and of couse its easier said than done. Its always easier said than done. Everything is easier said than done. Saying i will eat this piece of cake is easier than eating it! But that doesn't mean we shouldn't do it. Since, when should easiness be are gauge?

I have no idea what you are going through, I'm purely commenting on the phrase: "easier said than done"

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Re: mischaretani's climb to 90
Posted by Bigmoish - 02 Dec 2014 02:43

I don't want to start anything that belongs on the Baalei batim's forum, so don't click the spoiler if niddah discussions bother you.

Warning: Spoiler!

Feel free to PM me or email me.

Hatzlocha (and Mazal Tov!)

Moish

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