

Please help today

Posted by MisterD91 - 12 Jan 2015 18:39

Hello guys, I joined GyE a few months ago and it started to help me. I joined soon after the 90 days chart, and i am already over 60 days clean from actively viewing porn or masturbating, in the beginning it was very difficult and what helped me was the TapSic method, after one months, i had my urge more or less under controll. But today is horrible. I am always thinking about aarayos, i am trying to do something else, but i want so badly to watch porn and get satisfaction from it, but I know that it will make everything only worse and that today is probably a test. I know that porn and this is all vanity and non-sense, but still the Yetzer hara is fighting very hard. I decided to write here in order to get some support. I am very afraid that I will fall today!!! Thank you for your support!!!!

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Re: Please help today

Posted by cordnoy - 12 Jan 2015 19:03

Great work so far.

Welcome aboard!

You sound like you have a good attitude about it; you know what the lust bug can do for you.

focus on the moment before you; not on the entire day.

Additionally, ask God to help you, for we cannot do it ourselves.

b'hatzlachah

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Re: Please help today

Posted by dms1234 - 12 Jan 2015 19:16

WELCOME!!!!!!!!!!!!

Check out the [GYE Handbook](#) and [Skep's tips](#)

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Re: Please help today

Posted by belmont4175 - 12 Jan 2015 21:13

Welcome, great steps, remember day by day, minute by minute, don't fight the YH, rather surrender to Hashem, tell him the YH is stronger than us we can't win, only he has the power to remove all the obstacles from us, this realization that we are nothing and powerless, without Hashem C"V we are lost forever helps much and brings us closer to him. I wish you much Hatzlacha on your long trip.

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Re: Please help today

Posted by Bigmoish - 13 Jan 2015 00:40

Welcome!

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Re: Please help today

Posted by dd - 13 Jan 2015 04:17

Welcome!!!

Hang in there dude!!!

KOMT!!!

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Re: Please help today

Posted by serenity - 13 Jan 2015 06:22

Welcome to the forum and keep posting! Everyone is here for you!

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Re: Please help today

Posted by Radio - 13 Jan 2015 11:42

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Re: Please help today

Posted by Shakeitoff - 13 Jan 2015 12:05

Tracht gut, 'svet zein gut. You weren't watching porn while you were typing your appeal for help, I bet. If "a whole day" is too much, you can still stay clean this minute (and the next...WHEN IT COMES because you don't have to deal with the next minute right now). There are other people here cheering for you!

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Re: Please help today

Posted by Ontherise - 13 Jan 2015 19:24

If I may offer a suggestion, I would recommend that since this particular day is more difficult for you than usual, try to stay away from the computer and other dangers just for now. Sometimes there are moments in time where you are more susceptible, and the best thing to do can be just to put yourself into safety until the moment passes.

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Re: Please help today

Posted by cordnoy - 13 Jan 2015 20:17

So....you gonna update us?

Or perhaps you took the advice of some of the wise men above, and just skedaddled from your comp!

Lookin' forward.

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Re: Please help today

Posted by MisterD91 - 14 Jan 2015 16:56

Hello guys,

Baruch HaShem nothing dramatically happenaned. I went to a porn site but the moment I saw it, I closed it again. And I tried to be hz'l, but I stopped already in the beginning! The only problem I have now are movies and Anime (I hope you know what this is), I like to watch them, but unfortunately there can happen to be not proper content, I try always to close my eyes and concentrate on the plot, but still this is a danger. I did not watch for a long time this stuff. But yesterday I watched some series! And today I want again to watch it. I know this is not appropriate but still....

and my K9 filter is not helpind me, because they are streaming websites which he allowes.

any suggestions?

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Re: Please help today

Posted by Shakeitoff - 14 Jan 2015 17:29

You've already got a filter that beats K-9: your own determination. My first suggestion is to believe in HaShem's power as it has already expressed itself through you: "The important thing is not to be afraid at all."

One other thought from a newcomer (that's me): Next time you are tempted, get on to GYE

instead, even for 5 or 10 minutes. That's what I've done several times a day. I think it's fear of change and boredom that have been holding me back. Getting on to GYE is my antidote. I bet it works for you too!

B'hatzlachah!

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Re: Please help today

Posted by cordnoy - 14 Jan 2015 18:21

good work!

Last post, you wanted to watch porn.

This post, it is animes.

Next, it will be cartoons.

Erev Shabbos, you will ask us which shiur to listen to.

b'hatzlachah

By the way, have you felt any different about yourself in the past 60 days - more than before?

Let us know please.

Thanks

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Re: Please help today

Posted by MisterD91 - 15 Jan 2015 00:20

Hello guys,

after 60 days of not watching porn or masturbating, I do not have more any of the discussions inside myself about how hypocritical I am (trying to daven with kawana, learning and then doing it, make a person feel hypocritical). Also the learning is better, because my mind is not focused when I will be free from it to watch porn etc. But I will tell you something, it is true that when you stop watching porn or doing worse stuff, you start to feel something after a couple amount of days **BUT** there is something which prevents you from feeling a change, and this is in my opinion television, bad internet stuff (movies etc.), obsession with smartphones or tablets (which I would like to call Bittul zman). When I went to religious seminaries for a few days, without Internet, television etc., only torah, you start to feel something positive and nice, but if you start to watch again tv or similar, this destroys you bit by bit, without you even noticing. And then also the bad thoughts are coming up and you feel again desperate. My advise to everybody and foremost to myself, find an occupation if you can not learn Torah most of the day!!! Do something positive! Coming home after your daily schedule and going to the couch, watching tv or doing some other unimportant stuff, does not bring yourself anywhere closer in life. Try to take a sefer about a topic which you like and read it, if you really are interested the tiredness will go away, believe me!!! How can it be that people can watch porn till 3 or 4 am till night and not be tired, but the moment they take a sefer, they are feeling the tiredness??? It is because our head thinks porn is nice and a sefer is boring, but if you change the direction and think the other way round (which is very difficult) then the tiredness will go away!!! Or if you are really very tired, better go rest, or lay down in the darkness and think about your day or your life (advise of Messilat Yesharim to make times to reflect everything)! But in order to do this stuff you need to stop with porn watching, because after I stopped I got plenty of time to do other stuff and it felt great! I could only break through with the TapSic method, because I knew when I will act out, I will have to pay somehow very painfully!!!

So good luck and success in your ways too!

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