

Ben Torah's 90 day journey and beyond

Posted by BenTorah.BaalHabayis - 20 Dec 2015 05:44

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Okay Chevrah, I wanted to start this thread 2 weeks ago but didn't get around to it. B"H I'm already 17 days clean and would like to post updates about my journey in this thread.

Iv'e been reading many many threads in the forums over the last 2 weeks and Iv'e gained a lot insights. For one, I really need to thank Hashem for allowing me to find GYE at this stage in my life, when 1) I'm still young and only married a few years, and 2) Although Iv'e been struggling for years with porn and masturbation it nevertheless has not went beyond that to worse things and for the most part did not affect my normal functioning as a Father/Husband/Breadwinner. With Hashem's help, along with the wonderful Chevra here I will succeed in breaking free permanently of my current struggles too.

Another point I'd like to make is that for the bulk of the 17 days Iv'e been clean my wife & I have been mutar to each-other. Some may say that's a crutch and therefore my current clean streak is not really a sign of progress. However I noticed a remarkable difference in a different way. Because in the past even if being mutar to each-other helped me to not act out for a week or 2 I nevertheless struggled a nightly basis with hirhurim/ fantasies. In other words, the lust was there but it simply had a mutar outlet. But in the last 17 days Iv'e B"H been able to go to sleep at night for the most part with a clear mind and without lusting. To me that's a HUGE difference and I like to think it's a real sign of progress.

I'm still trying to work out what has affected this change. So far I haven't really used any tools besides the forum and Chizuk emails.

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Re: Ben Torah's 90 day journey and beyond

Posted by markz - 25 Jan 2016 11:52

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**AMAZING!!!!!!**

You mentioned "Urge Surfing"

It's one of the most basic tenets of gye, called "surrender" (instead of fighting), ?? ??? "Letting go and letting G-d"

It's sprinkled liberally throughout the site, but if you want to see a great Dov quote on the matter compiled by gibbor - click [HERE](#)

**KOMT**

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Re: Ben Torah's 90 day journey and beyond  
Posted by BenTorah.BaalHabayis - 31 Jan 2016 05:26

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[markz wrote on 25 Jan 2016 11:52:](#)

**AMAZING!!!!!!**

You mentioned "Urge Surfing"

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Markz, that's a great Dov Quote, but I beg to disagree about your tzu shtetel to "surrender". "Urge Surfing" is a "relapse prevention technique based on the principles of mindfulness meditation" (quoted from the article I linked below). It has nothing to do with surrendering to G-D or 12 steps. This is not a whole big mahalach, but rather a simple technique to help one overcome his urge when he's confronted with it. Perhaps this is more of a solution for non-addicts, as I (for now; maybe I am, still haven't totally figured it out) consider myself.

See here for the full description: <http://www.choosehelp.com/topics/recovery/cravings-mindfulness-urge-surfing> There are many more articles about it. Search for "What is urge

surfing".

I saw the term mentioned in passing in article GYE linked to in one of the chizuk emails and I'm not sure why this hasn't gotten more attention.

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Re: Ben Torah's 90 day journey and beyond  
Posted by BenTorah.BaalHabayis - 05 Feb 2016 04:18

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Still clean B"H. I'm still on the fence about installing a filter. I was researching filters the other night because I was going to install it on my in-laws computers since some grandkids were coming to stay over. The VCF filter looks impressive, and I like the idea of blacking out any skin color. But I'm seriously feeling very anxious at the thought of installing a filter. I'm not sure what to do.

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Re: Ben Torah's 90 day journey and beyond  
Posted by Workingguy - 07 Feb 2016 01:00

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[BenTorah.BaalHabayis wrote on Unknown:](#)

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Here's a suggestion from my experience- not sure if it's relevant. Imagine it's in- do you now feel like seeing what it doesn't cover? If yes, there's your answer.

Whatever you choose, hatzlacha!

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Re: Ben Torah's 90 day journey and beyond  
Posted by BenTorah.BaalHabayis - 07 Feb 2016 05:35

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[Workingguy wrote on Unknown:](#)

[BenTorah.BaalHabayis wrote on Unknown:](#)

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Well, I haven't actually installed a filter yet. But I feel like if I install it I will want to go get around it. But that may just be my Y"H talking. Maybe I should just give it a try?

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Re: Ben Torah's 90 day journey and beyond  
Posted by markz - 07 Feb 2016 05:42

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If I install a filter to protect me its not gonna work (tried and tested)

If I'm protected, and only have this as backup, it's a great thing to invest in

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Re: Ben Torah's 90 day journey and beyond  
Posted by cordnoy - 07 Feb 2016 05:45

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[BenTorah.BaalHabayis wrote on Unknown:](#)

[Workingguy wrote on Unknown:](#)

[BenTorah.BaalHabayis wrote on Unknown:](#)

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Yes, IMHO.

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Re: Ben Torah's 90 day journey and beyond

Posted by BenTorah.BaalHabayis - 07 Feb 2016 05:58

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Cordnoy said recently that "Sobriety is boring". I've started feeling that. I'm clean B"H for more than 2 months and the one hand I feel amazing. I don't miss the porn itself, but I miss the exhilaration of breaking free which can only be had after falling for a while. It's gotten kind of too easy once I decided I don't want this anymore and I'm just coasting along with no "action". I'm thankful to Hashem for this, but it's boring. I almost feel like I want to fall so I can break free again. Kind of convoluted thinking. Can anyone relate?

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Re: Ben Torah's 90 day journey and beyond

Posted by cordnoy - 07 Feb 2016 06:14

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Yes we could, but be careful please what you ask for.

It may be borin' at times, but livin' life is the way to keep your spirits up.

b'hatzlachah

and besides.....

**Warning: Spoiler!**

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Re: Ben Torah's 90 day journey and beyond  
Posted by BenTorah.BaalHabayis - 07 Feb 2016 07:00

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[cordnoy wrote on Unknown:](#)

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b'hatzlachah

C"V, I'm not asking for it to be more diffucult. But I'm seeking a perspective on how to enrich my life without the need for the rollercoaster ride of constantly falling and getting up.

I actually got some partners recently and chatted with one of them tonight. I hope I can be of some chizuk to others. That gives me sipuk.

and besides.....

**Warning: Spoiler!**

it's not smart to listen to everythin' cordnoy says.

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Re: Ben Torah's 90 day journey and beyond  
Posted by cordnoy - 07 Feb 2016 09:04

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You enrich your life by livin' life.....today!

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Re: Ben Torah's 90 day journey and beyond  
Posted by BenTorah.BaalHabayis - 24 Feb 2016 03:02

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I haven't updated this thread in a while. Baruch Hashem I'm nearly at 90 days. Tonight I'm facing a unique challenge, as my wife is away overnight. I haven't been alone overnight in a really long time and I hope I will handle it properly. Before GYE, if I would have a night alone it would give me an opportunity to go all out on the porn. I could surf for hours!

Today I'm not feeling such a desire for that. But nevertheless, being alone I'm feeling more vulnerable as loneliness has always been conducive to acting out. I would appreciate some encouragement just to keep me going strong.

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Re: Ben Torah's 90 day journey and beyond  
Posted by cordnoy - 24 Feb 2016 03:08

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We are here for you.

We have confidence in you as well.

Don't hesitate to email, no matter the time.

B'hatzlachah



P.s. I will have the extended weekend alone from wife...."so there!"

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Re: Ben Torah's 90 day journey and beyond  
Posted by markz - 24 Feb 2016 03:26

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BTBH

By me, loneliness was the opportunity to act out on my base desires, it wasn't caused by loneliness.

My base desires are under control so loneliness doesn't exacerbate anything. Am I saying the same as you?

Probaby not - just thought to share

Feel free to email me anytime too

[markzgye@gmail.com](mailto:markzgye@gmail.com)

Keep on Trucking even when all alone, were with you!!!

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