

Bb0212's road...

Posted by bb0212 - 06 Feb 2017 14:45

So I'm officially at 10 days. Might be more, pretty sure it's not less, I started my chart after being clean for a few days but I wasn't keeping track. I kinda gave up the long term fight, didn't see how I'd win that fight. However I finally finally finally figured out how to properly filter my phone. I was getting around every filter until a couple of weeks ago. A kosher phone made this seem possible, then I joined these forums so lots of hope here.

One of the reasons I decided to do this is to "be faithful" to whomever my next wife will be, kinda like I was clean for a year or two before my first marriage. Back then, I was only clean after giving up movies/tv. The amount "undercover" sexuality on tv/movies is mind boggling for a society where there's no such thing as sexism. I wonder why we don't see the women's lib protesting the disproportionate amount of female to male sexualizing... (I'm being slightly sarcastic). At some point I'll have to give up movies/tv again and I will. But not yet...

=====
=====

Re: Bb0212's road...

Posted by bb0212 - 20 Mar 2018 01:43

Been falling multiple times all week... Dunno if I really care...

=====
=====

Re: Bb0212's road...

Posted by lionking - 20 Mar 2018 03:27

Your post sounds like you really do care.

It sounded more like an SOS call than like a parade tooting their horns.

You were there for me in the past, and I really appreciate it. Would you like to chat? My email has changed. You can pm for details.

I fell twice last week. However I just looked at the 90 day dairy and noticed that since when I started to properly keep track on Apr. 23 this past year, I've had 302 cumulative clean days. I'm

not trying to toot my horn. It was people like you and others who have been very helpful to me.

I've had periods like you describe, which I felt like I don't care if I fall. However, life's got it's up's and down's. Don't let the down's get you.

Hatzlocha Rabba!

=====
=====

Re: Bb0212's road...

Posted by bb0212 - 20 Mar 2018 18:55

[lionking wrote on 20 Mar 2018 03:27:](#)

Your post sounds like you really do care.

It sounded more like an SOS call than like a parade tooting their horns.

You were there for me in the past, and I really appreciate it. Would you like to chat? My email has changed. You can pm for details.

I fell twice last week. However I just looked at the 90 day dairy and noticed that since when I started to properly keep track on Apr. 23 this past year, I've had 302 cumulative clean days. I'm not trying to toot my horn. It was people like you and others who have been very helpful to me.

I've had periods like you describe, which I felt like I don't care if I fall. However, life's got it's up's and down's. Don't let the down's get you.

Hatzlocha Rabba!

Yup, you're spot on, it's an SOS.

At the end of the day it's up to me, I get that. I thought I wanted to stop, maybe not, not really sure where I stand. Dunno where the motivation will come from.

=====
=====

Re: Bb0212's road...
Posted by heemircha - 20 Mar 2018 19:13

I think that we always want to stop, but sometimes we want other things more than our want to stop.

I think it is important to realize this seemingly small distinction.

If this is true, than we have to address why we would want other things more...

=====
=====

Re: Bb0212's road...
Posted by Hashem Help Me - 21 Mar 2018 05:07

[bb0212 wrote on 20 Mar 2018 01:43:](#)

Been falling multiple times all week... Dunno if I really care...

If you didnt care you would not have posted buddy!

=====
=====

Re: Bb0212's road...

Posted by bb0212 - 25 Mar 2018 20:38

[Hashem Help Me wrote on 21 Mar 2018 05:07:](#)

[bb0212 wrote on 20 Mar 2018 01:43:](#)

Been falling multiple times all week... Dunno if I really care...

If you didnt care you would not have posted buddy!

Good point. The issue is (I believe) not that I don't care about anything in the world, rather, that I don't care for the "right reasons".

When masturbating gets in the way of my life, when I stay up till the wee hours of the morning to look at porn, it's exceedingly clear to me that I'm behaving in a dysfunctional and destructive manner. Therefore,, I decide that the porn & masturbation is interfering with life, and thus, I must stop.

However, after a month or so, when I crave that pleasure, I try it again. And I can last for quite a while without sleeping enough. Ok, I'll come to work a bit late, but it's not that bad.

Meanwhile, the reason that I should be stopping has nothing to do with work or sleep. It's because it's bad for me. But I don't know how much I care about that. After all, if I cared about it, would I still be sinning???

=====
=====

Re: Bb0212's road...

Posted by ieeyc - 26 Mar 2018 01:00

Bb0212, what an honest post! thank you!true, if we could only not porn or mb notONLY because it will bring dysfunction to our lives, but ALSO because it is wrong and not good for us , then in a time where it seems that porn and mb wont disrupt our livesbut the the thought of its wrong still remains that would be mamash a hatzala! do you have a suggestion perhaps how we can increase our awareness that without the dysfunction reason , its wrong and not good for us ?i would appreciate it! hatzlacha!

=====
=====

Re: Bb0212's road...
Posted by bb0212 - 26 Mar 2018 04:32

[ieeyc wrote on 26 Mar 2018 01:00:](#)

Bb0212, what an honest post! thank you!true, if we could only not porn or mb notONLY because it will bring dysfunction to our lives, but ALSO because it is wrong and not good for us , then in a time where it seems that porn and mb wont disrupt our livesbut the the thought of its wrong still remains that would be mamash a hatzala! do you have a suggestion perhaps how we can increase our awareness that without the dysfunction reason , its wrong and not good for us ?i would appreciate it! hatzlacha!

No, I don't know the answer, it a real shame.

Btw, that's why I wrote that I don't know if I care. Caring only because it's dysfunctional isn't caring about not doing the wrong thing. It's caring because I care about my desires and there are conflicting desires, therefore, I have to pick one side - in this case either continue porn & masturbation or stop it and go to sleep. But I want to care about God and I want that to be the reason that I stop. But apparently I don't actually care, which is hurtful to type. But if I cared, wouldn't I succeed more? Wouldn't I succeed at all??

=====
=====

Re: Bb0212's road...
Posted by bb0212 - 27 May 2018 09:12

Hi there.

Is been a long time since I stopped in over here.

Been a constant fall for months now.

I also have great difficulty davening - when I daven. This started before my current masturbation streak, so I can't directly tie one to the other. Of course it is possible that all the masturbation is wrapping darkness around my soul and that's the reason for the difficulty in davening.

That's all for now.

=====
=====

Re: Bb0212's road...

Posted by lifebound - 27 May 2018 09:30

[bb0212 wrote on 27 May 2018 09:12:](#)

Hi there.

Is been a long time since I stopped in over here.

Been a constant fall for months now.

I also have great difficulty davening - when I daven. This started before my current masturbation streak, so I can't directly tie one to the other. Of course it is possible that all the masturbation is wrapping darkness around my soul and that's the reason for the difficulty in davening.

That's all for now.

Hey. Sorry to hear you're going through that.

Perhaps it's the reverse? That you can't bear all the darkness wrapped around your soul, so you turn to masturbation to escape. Just a thought. That's how it is with me, I think.

May God give you strength and clarity. Keep comin back.

=====
=====

Re: Bb0212's road...

Posted by WannabeFree - 27 May 2018 09:41

[bb0212 wrote on 20 Mar 2018 18:55:](#)

Yup, you're spot on, it's an SOS.

At the end of the day it's up to me, I get that. I thought I wanted to stop, maybe not, not really sure where I stand. **Dunno where the motivation will come from.**

I recently came across this article, maybe it can help with the motivation. G-d knows I'm not there yet, but ODAAT!

guardyoureyes.com/12-step/item/what-dov-does-when-he-s-bored-2

=====
====

Re: Bb0212's road...

Posted by i-man - 27 May 2018 23:22

[lifebound wrote on 27 May 2018 09:30:](#)

[bb0212 wrote on 27 May 2018 09:12:](#)

Hi there.

Is been a long time since I stopped in over here.

Been a constant fall for months now.

I also have great difficulty davening - when I daven. This started before my current masturbation streak, so I can't directly tie one to the other. Of course it is possible that all the masturbation is wrapping darkness around my soul and that's the reason for the difficulty in davening.

That's all for now.

Hey. Sorry to hear you're going through that.

Perhaps it's the reverse? **That you can't bear all the darkness wrapped around your soul, so you turn to masturbation to escape.** Just a thought. That's how it is with me, I think.

May God give you strength and clarity. Keep comin back.

How does one go about removing the darkness around his soul ? I've been trying to figure that out for a while now ...

=====
=====

Re: Bb0212's road...

Posted by cordnoy - 27 May 2018 23:35

[i-man wrote on 27 May 2018 23:22:](#)

[lifebound wrote on 27 May 2018 09:30:](#)

[bb0212 wrote on 27 May 2018 09:12:](#)

Hi there.

Is been a long time since I stopped in over here.

Been a constant fall for months now.

I also have great difficulty davening - when I daven. This started before my current masturbation streak, so I can't directly tie one to the other. Of course it is possible that all the masturbation is wrapping darkness around my soul and that's the reason for the difficulty in davening.

That's all for now.

Hey. Sorry to hear you're going through that.

Perhaps it's the reverse? **That you can't bear all the darkness wrapped around your soul, so you turn to masturbation to escape.** Just a thought. That's how it is with me, I think.

May God give you strength and clarity. Keep comin back.

How does one go about removing the darkness around his soul ? I've been trying to figure that out for a while now ...

By focusin' on light.

=====
=====

Re: Bb0212's road...

Posted by Shivisi_Hashem - 28 May 2018 00:26

Hi Bb0212,

long time didn't see you here.... (maybe because im not here that often, nah!!) Im soory for you, i know how it feels, but dont worry, thats why you and we are here, its the best place on earth, question is, why didn't you come here earlier so we can help you right away?

anyway, thats part of the game, we all have a huge YH, and he is not sleeping, he will let you stay clean for a loooooong time, and then, boooms, traaaach, a huge fall, but dont let your self be dragged from him, you can do it, just pick yourself up and march forward, all of your falls are not separate falls, but its all one long fall, and now tell your self enough is enough, start from fresh, as soldiers for Hashem's army we wont let you down on the battlefield lets run together....

waiting to hear from you good news, do it for us...

Lets focus on Today only, because **“The past is a ghost, the future a dream, and all we ever**

have is now” and remember “Failure should be our teacher, not our undertaker. Failure is delay, not defeat. It is a temporary detour, not a dead end. Failure is something we can avoid only by saying nothing, doing nothing, and being nothing”

Thank you

=====
=====

Re: Bb0212's road...

Posted by bb0212 - 28 May 2018 05:35

[i-man wrote on 27 May 2018 23:22:](#)

[lifebound wrote on 27 May 2018 09:30:](#)

[bb0212 wrote on 27 May 2018 09:12:](#)

Hi there.

Is been a long time since I stopped in over here.

Been a constant fall for months now.

I also have great difficulty davening - when I daven. This started before my current masturbation streak, so I can't directly tie one to the other. Of course it is possible that all the masturbation is wrapping darkness around my soul and that's the reason for the difficulty in davening.

That's all for now.

Hey. Sorry to hear you're going through that.

Perhaps it's the reverse? **That you can't bear all the darkness wrapped around your soul, so you turn to masturbation to escape.** Just a thought. That's how it is with me, I think.

May God give you strength and clarity. Keep comin back.

How does one go about removing the darkness around his soul ? I've been trying to figure that out for a while now ...

First of all, stop adding to the darkness.

Then teshuva takes away the klipos. A klipa is a peel. The way I understand it, the neshama is absolute light. It's beautiful and warm. When we sin, we cover the light with a peel of darkness. The more we sin, the thicker the darkness surrounding our neshama. The thicker the darkness, the more difficult it is to connect to our neshama.

So why, why why why, do I continue bringing darkness onto my life?

=====
====