

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...

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Re: Bb0212's road...

Posted by bb0212 - 03 Dec 2017 15:53

A couple of things: first of all initially I didn't know if [Hashem Help Me](#) (hhm) would be ok if I'd share his username, so I only wrote "holy Yid". After confirming with him, I gave him a specific mention. He was not fond of the title holy Yid, because he figured it would separate him from the rest of us strugglers and wants to be able to help ppl without pushing them away. So for the record, HHM has been there, done that. He's fought the fight and understands the struggle, helps people all over the forum and would probably help you if you emailed him (his email is in his signature) or [send him a pm](#). Regarding the holy Yid part, all of us are holy, we have a built in intrinsic holiness.

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Re: Bb0212's road...

Posted by bb0212 - 21 Dec 2017 16:30

Still clean. So

Warning: Spoiler!

stressed out, ARGHH! . By some miracle I'm still clean. Movie diet is over.

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Re: Bb0212's road...

Posted by bb0212 - 21 Dec 2017 17:23

Totally not interested in working. Dunno what will be. Feel like when I work I'm so broke there's no point in working.

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Re: Bb0212's road...

Posted by bb0212 - 24 Dec 2017 05:41

Shavua tov!

Friday was rough. Really rough. I was super depressed. Missed my 9am appt with my therapist. Rescheduled to 11:45, after that, left to Manhattan to drop off a couple of things for work and came back home. Walked in 5 minutes before shkia. Was supposed to go with my friend to somebody to eat the meal, I told him to go and I'll catch up. Instead, I lay down on the couch. Said shema, shmona esrei - all while lying down, I was so depressed. Then I made kiddish and ate some matzah and schnitzel and benched. Red some magazines - popular science, wine enthusiast.

for the most part, they're pretty kosher although there are some ads which are directed directly at men, so not at all kosher. Being so depressed, I wanted to fall, just to distract myself. Even though I knew it was wrong, I didn't care. But there was 1 problem. It was Shabbos.

For many people here on the forums, Shabbos is especially difficult. For some, including myself, Shabbos is relatively easy. One reason, is that a while back, I told myself, yeah, I might fall the whole week. But to stay clean one day is doable. Shabbos, we get a ????? ???, at least that part of my ???? will be clean. And for a long time (somewhere between 1 & 10 years, dunno what the number is) I've been clean on Shabbos.

so, back to my story,

My only struggle Friday night was that it was Shabbos. It bothered me that it should even be a

struggle, if Shabbos is a day that I usually don't struggle, why was it different now? Then I realized: I didn't daven in a minyan, didn't eat a normal Shabbos meal. Maybe my body didn't "get" that it's Shabbos. So I decided to daven ????? ???. Did a Carlebach style davening it took some time & BH, most of the struggle went away.

Shout out to heemircha, he pushed me to post this story.

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Re: Bb0212's road...
Posted by bb0212 - 24 Dec 2017 05:59

figured I can share some happy news too
The last 3 days, the struggle has been **SO DIFFICULT!**

A few minutes ago I was thinking about that. 90 days is a nice goal, but not all 90 days are equal. Not every day is equal. In the past 3 days, I've been 90 days clean 2 or 3 times!

but there's no way to explain that to the GYE calendar...

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Re: Bb0212's road...
Posted by bb0212 - 25 Dec 2017 04:36

Earlier today I fell. The past week or so was so freakin stressful. Last week I woke up one morning shocked that I was still clean, that with all the stress the night before, I managed to fall asleep staying clean.

But today I wanted to fall. Kinda rebellious or something, dunno how to describe it.

So... Here's the catch. and I might (&probably should) get yelled at for this:

It released so much tension! So yeah, it was wrong, but right now it's been helpful.

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Re: Bb0212's road...
Posted by youcan - 25 Dec 2017 06:55

You should be proud of yourself that you managed to stay clean for so long under so much stress etc.

It's good to see that you started your chart again right away, you are a really special person.

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Re: Bb0212's road...
Posted by tzomah - 25 Dec 2017 11:16

[youcan wrote on 25 Dec 2017 06:55:](#)

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i beg to differ you should proud of yourself for being honest about how good it felt and that you were being rebellious

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Re: Bb0212's road...
Posted by Gevura Shebyesod - 25 Dec 2017 11:34

[tzomah wrote on 25 Dec 2017 11:16:](#)

[youcan wrote on 25 Dec 2017 06:55:](#)

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You're both right.

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Re: Bb0212's road...
Posted by tzomah - 25 Dec 2017 11:39

true

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Re: Bb0212's road...
Posted by heemircha - 26 Dec 2017 23:00

[bb0212 wrote on 25 Dec 2017 04:36:](#)

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BB0212,

I am not going to yell

Warning: Spoiler!

just a gentle reminder. You know this much better than I do, but while everyone needs to release tension, we can choose what we do to release that tension and there are other ways.

I am sure you will pick yourself right up and learn from it, hopefully you will never be stressed to the point that you feel as you put it you "want to fall", but even should you feel that way, i am sure you will remember to release all the stress and tension in a different way.

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Re: Bb0212's road...

Posted by cordnoy - 26 Dec 2017 23:44

[heemircha wrote on 26 Dec 2017 23:00:](#)

[bb0212 wrote on 25 Dec 2017 04:36:](#)

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I know by me, and I've heard from many others that the moment the lust button is triggered, there is no rememberin' why one should choose one release over the other.

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Re: Bb0212's road...

Posted by bb0212 - 27 Dec 2017 06:46

[heemircha wrote on 26 Dec 2017 23:00:](#)

[bb0212 wrote on 25 Dec 2017 04:36:](#)

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Thank you dear friend! Thanks for everything, it's very very much appreciated.

the thing is, the other easy ways to release tension were not available. The more difficult ways might cause more stress instead of relieving it. So I really didn't learn much from this fall. Other than it seems to have been good for me because I'm doing so much better.

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Re: Bb0212's road...

Posted by bb0212 - 27 Dec 2017 08:56

Hi there!

my post might be a bit strange considering the hour.

currently stuck on the road. Last night at 10:30 (5+ hours ago) , An 18 wheeler merged into my car when I was driving 60mph and drove off leaving me to deal with the mess. My car was towed off the highway and I emptied my wallet to give the guy the \$150 for the short drive. I'm still 25 miles from home and can't get home because the only available towing company is the same guy that towed me to where i am, and he only takes cash, of which I have none. Nothing in the bank either, because whatever **is** in there, isn't enough to cover the tuition payment that will overdraft tomorrow (today). So a little tired, actually exhausted. But 1positive thing: I'll be clean tonight - I'm not fooling around with porn in middle of the street.

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