

Journey of one day at a time

Posted by Ihavenostrength - 10 Feb 2017 20:04

This is day one or perhaps it's day zero. I fell today. It wasn't much fun. I was clean for 32 days. That is about how long I usually go for. I really want to be done with this problem. I just want to be normal. My self esteem is crushed every time I fall. Somehow internal adversity is more painful than an external adversary. For if it's an external adversary, even if he's causing you pain, you don't take the blame for it. Only the pain. With the internal losses you get both. I suppose I'm my own worst enemy. Well I hope that was morbid enough for you, because I'd like to begin my journey.

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Re: Journey of one day at a time

Posted by Yosef Tikun HaYesod - 28 Feb 2017 20:18

Shmiras einayim helps to minimize triggers.

In today's world especially if you use technology etc. you will probably come across some things even if you're careful.

When you make the conscious decision not to willingly look at these things, to be a bit more discerning as to what you watch, it sends a message to yourself that this "stuff" ain't for me.

Conversely, if you allow yourself to look anywhere, watch anything, but just say you won't masturbate or watch porn you send a conflicting message to yourself.

Trying to be clean is basically saying I want to live a better life, a more moral life, a life with purer thoughts and aims. It's **not** about having your head in the gutter, but refraining from actually drinking the murky water that's dripping from the pipe.

If you want to have a mind full of good thoughts, a life where you're occupied with things of worth, then how can you allow yourself to view things which **naturally** arouse lust and

temptation within you, everything you're trying to avoid?

WOW...awesome post, IH!!!

I wrote something similar to Laasos, but your post is WAY more clear and amazing.

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Re: Journey of one day at a time

Posted by Hashem Help Me - 28 Feb 2017 21:42

[lhavenostrength wrote on 28 Feb 2017 20:00:](#)

Day 18: @GS this sentence is for you: I'm doing good, pretty, pretty, pretty, good.

Shmiras einayim is pretty cool. Firstly it helps to minimize triggers.

Thing is, in today's world especially if you use technology etc. you will probably come across some things even if you're careful.

Here comes into play the second reason why I think shmiras einayim is cool. When you are making an effort to guard your eyes, even if it's just not watching a music video which you see has a woman (immodestly dressed) in it, it's a game changer.

When you make these conscious decisions not to willingly look at these things, to be a bit more discerning as to what you watch, it sends a message to yourself that this "stuff" ain't for me.

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Super post! For someone who calls himself "ihavenostrength", boy do you have strength. Wow!

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Re: Journey of one day at a time
Posted by GrowStrong - 28 Feb 2017 22:05

Brother that was an awesome post.

Shmiras einayim is the core of the foundation in my estimation.

You really encapsulated the psychology of giving conflicting messages to ourselves.

I think this post is a eureka moment for you, and the most amazing thing about real Shmiras einayim is that this is just the beginning.

Little moments of self knowledge and self worth. Little wins of *your* will to do the right thing and the mere fact that you are able to follow that will (ratzon) which remained so elusive for so many years makes that little win so much more powerful.

But here is the real kicker,

Because its constantly decisions being made, and the hard work is making the right decision each time, it actually starts to have a positive effect on other decisions you make in life.

Most importantly, decision making is everything in the zero sum game of step zero.

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Re: Journey of one day at a time
Posted by Singularity - 01 Mar 2017 07:35

[lhavenostrength wrote on 28 Feb 2017 20:00:](#)

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I heard a shiur on torahanytime about shmiraseynayim. He likened it to an eagle who swoops down to feed in one of those big green Israeli rubbish crates. He hops lower and lower, ah, a raven sees him, he shoots back up, yuch, what's an eagle doing *here*? But when nobody's

around, he hops down again.

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Re: Journey of one day at a time

Posted by lhavenostrength - 01 Mar 2017 19:01

Day 19: The self-interested case for shmiras einayim: Seeing certain things can make one feel so uncomfortable. Hanging around a bakery is going to make someone on a diet feel uncomfortable even if they know there is no way they are going to eat that cheesecake sitting on the shelf.

I've discovered the secret of life and I'd like to share it with you. Ok, maybe not *the* secret, but I think it's a neat little life-hack.

I get annoyed sometimes. Sometimes it's over legitimate concerns other times it's over something completely illogical. For example, I have a roommate who just annoys me by his being around. He didn't do anything to me and he's not a bad guy. When he's around I just get this primitive- like feeling of aggression. (Maybe it comes from wanting my own space, perhaps he makes me feel self-conscious.)

For a while, I was upset at myself for having these feelings. After all, what type of guy doesn't like someone for no reason at all? Then, I changed my approach.

I decided that his presence was not going to annoy me anymore. So when I would start to get these feelings, I'd just tell myself, I'm not going to be bothered/annoyed by this. Crazily, this actually works.

I think the reason it does is that we have ideas in our minds of what annoys us, what we can't stand, perhaps a certain noise, like people talking, or a smell or whatever. But most of these things probably aren't that bad, so can just decide ok, this ain't gonna bother me.

BTW does anyone have a link/source for the study about how it takes 90 days to break an

addictive pattern in the brain?

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Re: Journey of one day at a time

Posted by cordnoy - 01 Mar 2017 19:44

[lhavenostrength wrote on 01 Mar 2017 19:01:](#)

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Good thinkin'.

Sometimes we may ask ourselves: why does he annoy us? What have we contributed to this situation? Is there somethin' we can do to rectify it? If it so happens that it's all because of him, then we ask: what is wrong with us that we allow him to get under our skin? Then, we go from there.

Does that make sense?

B'hatzlachah

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Re: Journey of one day at a time
Posted by Shteeble - 01 Mar 2017 21:37

book recommendation:

you can be HAPPY no matter what

by Richard Carlson

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Re: Journey of one day at a time
Posted by lhavenostrength - 02 Mar 2017 20:38

Day 20: Made a sort of "demo" daily schedule. I've made lots of schedules before but this one was different. Usually I'd break out the latest schedule with a "time to stop slacking off" attitude, "you better do this or else" type of mindset. This schedule was different. It was *suggested* but

completely *optional*.

I basically told myself "I think it would be a pretty good idea to follow this, but it's up to you". It actually helped me do what I needed to with a lot less stress involved.

This technique, to sort of be compassionate with yourself, rather than like a "taskmaster," is from a book I'm currently reading called the "Willpower Instinct". It's all about how to increase your willpower and resist temptation. Lots of great ideas in there, obviously easier to read than to apply.

Tangentially, I'm trying to make reading my go to entertainment. Ain't that easy though.

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Re: Journey of one day at a time

Posted by Ihavenostrength - 03 Mar 2017 01:25

I know this forum isn't a confessional booth... But I think it's good for me to be honest. I had a "slip" just now. I was on tiyuvta.com looking for an answer to a legitimate question and on the home page there was a feed of different questions. One question caught my eye it was about "what was an embarrassing thing that happened to you". I read the answer through even when I got a a sense it was an inappropriate story.

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Re: Journey of one day at a time

Posted by Hashem Help Me - 03 Mar 2017 03:04

We are all human and being honest helps us deal with life and all its challenges properly. Wise to post. When we climb a mountain, there are ditches and downhills along the way. We just have to focus on the goal of heading up. If we slip, we get up, shake off the dust, and forward march. Continued hatzlocha.

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Re: Journey of one day at a time

Posted by Singularity - 03 Mar 2017 08:57

[lhavenostrength wrote on 02 Mar 2017 20:38:](#)

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I think this would really help me. Thank you.

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Re: Journey of one day at a time

Posted by lhavenostrength - 03 Mar 2017 19:46

@singularity You're very welcome. Great book BTW (just finished it). It's by Kelly McGonigal, "The Willpower Instinct".

Day 21: Starting reading "You Can Be Happy No Matter What" by Richard Carlson. Shout out to Shteeble for the recommendation. Finished the first chapter and I think my life has just changed forever. No joke.

Good shabbos!

Thank you, thank you, thank you, to everyone who has posted. I read and reread them.

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Re: Journey of one day at a time

Posted by Ihavenostrength - 05 Mar 2017 01:25

Day 22: Shabbos was ok B"H. Spent a lot of time hanging out with friends. Trying to keep in mind something I read (in "how to be happy no matter what") about how "thoughts are an ability not reality." Trying not to be afraid. There's a voice in my head telling me I'm going to fall, that I can't do it. Trying to remember it's just thoughts. Doesn't mean it's true.

There's "nothing to fear but fear itself." I think that's my favorite quote of all time.

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Re: Journey of one day at a time

Posted by Hashem Help Me - 05 Mar 2017 05:46

just remember that little voice in your head is a big fat liar!

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