

The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 19 Feb 2017 04:23

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In Short I had issues for about 5 years. When I started dating I stopped, and I was clean for a few years. In the last half a year everything has been coming back, and I don't think I need to enumerate here on this forum, everybody knows what its like, you struggle you fall you fell terrible yada yada yada. Just goes to show once an addict always an addict.

Anyway that's not the point. The point is that coming here and reading the forums has opened up great insight about myself, particularly reading some of Dov's long posts. So I will give you some background, and hopefully you will all help

I feel like I'm in a place right now where if I wanted to stop myself I can ( and I do much of the time). The problem is I know what will stop me and I choose not to use those tools? I guess in general that's the problem, it boils down to how much do we really not want to do it. Do we not want to do it just because it makes you feel terrible afterwards/don't like the consequences. If that is the case I think we are doomed to fail, but unfortunately that is where I feel I am right now:cry: As dov put it best in the following quote

**Warning: Spoiler!**

Anyway I know it was a long rant (for me), I guess the question how do you open yourself up and truly change the way you think? Especially when it's not a lack of knowledge but a change of perspective?

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 16 Feb 2022 02:46

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[sleepy wrote on 16 Feb 2022 01:59:](#)

[Hakolhevel wrote on 15 Feb 2022 05:13:](#)

[OivedElokim wrote on 14 Feb 2022 04:53:](#)

Howzit going, brother?

Thanks for asking, I was on a trajectory of acting out approximately 3 times a month, most recently (as in the last two weeks) I've held up, which I attribute to two factors

1. Something I will not disclose at this time, as its certainly not for everyone, also I would like to see if it really helps me long term before I go touting it's benifits
2. I'm (mostly) on A dopamine fast. So no websites for any pleasure (news, sports...) Which was a lot of my time. I also haven't listened to music just for pleasure . I still eat good food.

Now even if this hasn't helped my porn/masturbation issue, it's definitely saved me a lot of time in my day, and it has made me more focused on the things I need to get done, as I have no distractions.

i know its not easy but could you try to make a project to focus on her maalos that she has ,faithful wife, trys to make you happy ,takes care of the kids,good cook, etc

I don't see a connection between what I said and what you are writing?

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Re: The Road To Being Honest With Myself (and others:)

Posted by sleepy - 17 Feb 2022 21:55

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there was no connection, sorry i posted it on the wrong forum, thats what happens when i post when im drugged up with porn, sorry

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Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 22 Feb 2022 13:34

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So I fell last night. I had they longest streak that I've had in a while, 22 days. I ended my dopamine fast a day or two ago, maybe that contributed , I'm not sure. Regardless I'm going to renew it.

?Either way, im happy I went so long despite having had many temptations in between.

My next goal is to go at least a month, one day at a time.

Hatzlacha to us all.

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Trouble - 22 Feb 2022 14:25

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[Hakolhevel wrote on 22 Feb 2022 13:34:](#)

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sorry to hear.

what is a "dopamine fast" please?

I took an oath against web-camming until R"c Adar II - 10 days, no desires even.

hanging from the telefunken high-power wireless station, about a mile from phosphate settlement, Nauru

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Ihavestrength - 22 Feb 2022 14:25

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Nice job brother! Sounds like you are celebrating your successes, which can only lead to more and more continued success bezh. KOT!

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 28 Feb 2022 06:57

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[Trouble wrote on 22 Feb 2022 14:25:](#)

[Hakolhevel wrote on 22 Feb 2022 13:34:](#)

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Google it.

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Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 20 Mar 2022 17:22

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When I see 26 days on some else's profile it looks really short. When I see it on my own profile it feels like forever

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Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 29 Mar 2022 03:30

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[Hakolhevel wrote on 20 Mar 2022 17:22:](#)

When I see 26 days on some else's profile it looks really short. When I see it on my own profile it feels like forever

For the record, I feel the same about 35 days

Though I will say my porn temptation has taken a dip for now. Hopefully it drowns in the water.

In the meantime, time to make each day count.

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Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 12 Apr 2022 13:30

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On this special day, I would like to celebrate 7 full weeks of being clean from Porn and masturbation.

I have not reached this milestone in recent memory.

L'Chaim!

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Sapy - 12 Apr 2022 14:27

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Nice, happy for you bro! Time to reveal your trick!

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 12 Apr 2022 17:24

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[Sapy wrote on 12 Apr 2022 14:27:](#)

Nice, happy for you bro! Time to reveal your trick!

If only there was a trick that could work.

Maybe at 90 days I'll detail what I believe helps me.

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 29 Apr 2022 01:54

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At 66 days. Feeling really good, also really busy and so wasting lots of time. I think I might do a week dopamine fast. It might do me some good.

Hatzlacha everyone

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Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 08 May 2022 04:05

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What's the meaning of 75 days?

It means I didn't sabotage myself for yet another wonderful day of my life.

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Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 11 May 2022 13:55

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As I move further down the road from porn (I hope it continues) I find myself more attracted to real people.

In other words, while it's always been a struggle trying to get a second look at a lady jogging down the street, I find with the virtual women out of my life, it seems like I am naturally craving real people more. I'll take that as a good sign. I also have to remember that this is a lifetime issue I have to deal with, it may take on different forms, but I can never fall asleep at the wheel.

Hatzlacha everyone

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