

Bgit's Path Round #2

Posted by bgit - 17 Sep 2017 02:34

Day #1

After getting through 23 days I had a fall on my [last](#) challenge of making it 40 days until Yom Kippur I had a fall. I've decided to try again with some small differences which I hope will make things a little better.

First, I'm going to try and make it to Yom Kippur again, which is two weeks away. I made it 14 days last time (for the first time ever) and believe that I can do it again. I think that 40 days (and for sure 90) is too much for me at this point. Afterwards we'll see how I'm doing.

Second, I'm going to put more emphasis on exercising. Last time I got burnt out from the stress, and I didn't have masturbation to relieve it. I believe that if I would have had a way to deal with this, I wouldn't have fallen.

Third, I'm going to try and get more sleep. I noticed that when I don't get enough sleep I feel frazzled and it makes it much harder for me.

That's all for the new intro. See everyone on day 2!

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Re: Bgit's Path Round #2

Posted by Markz - 02 Nov 2017 19:19

[MayanHamisgaber wrote on 02 Nov 2017 19:04:](#)

Personally when my wife is tahor it is harder for me as I almost never get anything

Yeah - it's hard

If she has good intuition, like most women do (excluding all mothers in law) she can probably feel your frustration in the air and it becomes a lose lose situation, so being stuck in this rut is not helpful for anyone...

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Re: Bgit's Path Round #2
Posted by MayanHamisgaber - 02 Nov 2017 20:34

Thanks for the sympathy

Truth be told there is almost no frustration most of the time as I am learning not to expect anything.....

And besides who wants to cuddle with a monster anyways....

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Re: Bgit's Path Round #2
Posted by LoveU,Hashem - 02 Nov 2017 21:11

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Re: Bgit's Path Round #2
Posted by MayanHamisgaber - 02 Nov 2017 21:22

Yes a monster

someone who hurts and **DECIDES** to continue doing the hurtful thing(s) is a monster at best
(even if the one getting hurt doesn't necessarily know)

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Re: Bgit's Path Round #2
Posted by LoveU,Hashem - 02 Nov 2017 21:26

Monster,

Congrats on your 1000's post! May Hashem always be in your way!!

Elsewhere on this site:

I beat myself UP, not down

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Re: Bgit's Path Round #2
Posted by cordnoy - 02 Nov 2017 23:03

I'm friends with the monster that's under my bed

Get along with the voices inside of my head

You're trying to save me, stop holding your breath

And you think I'm crazy, yeah, you think I'm crazy

No, I ain't much of a poet but I know somebody once told me
To seize the moment and don't squander it
'Cause you never know when it all could be over tomorrow
So I keep conjuring, sometimes I wonder where these thoughts spawn from
(Yeah, ponder it, do you want this?)

No wonder you losing your mind, the way it wanders)
Yo-lo-lo-lo-yee-who
I think you've been wandering off down yonder
And stumbled onto Jeff VanVonderen
'Cause I need an interventionist
To intervene between me and this monster
And save me from myself and all this conflict
'Cause the very thing that I love is killing me and I can't conquer it
My OCD is conking me in the head
Keep knocking, nobody's home, I'm sleepwalking
I'm just relaying what the voice in my head's saying
Don't shoot the messenger, I'm just friends with the monster

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Re: Bgit's Path Round #2
Posted by MayanHamisgaber - 02 Nov 2017 23:15

[cordnoy wrote on 02 Nov 2017 23:03:](#)

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So if this were written in English it would read somethin' like this

Get the hell off the computer go to sleep get up tomorrow be productive and just freakin call someone already since you obviously cannot help yourself

Love Cordnoy/(real name here)

did I get it right?

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Re: Bgit's Path Round #2

Posted by cordnoy - 02 Nov 2017 23:20

[MayanHamisgaber wrote on 02 Nov 2017 23:15:](#)

[cordnoy wrote on 02 Nov 2017 23:03:](#)

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You got the "love Cordnoy" right.

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Re: Bgit's Path Round #2
Posted by cordnoy - 02 Nov 2017 23:27

The "monster" might be referrin' to a generalization of obsessive compulsive intrusive thought disorder.

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Re: Bgit's Path Round #2
Posted by cordnoy - 02 Nov 2017 23:33

Or perhaps: the monster under the bed is yourself/myself. They are one and the same and there is no need to try and stamp it out or deny it. Knowin' and acceptin' your problems and limitations is half the battle. Why stuff 'em down? We can't divorce ourselves from the crazy inside of our brains.

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Re: Bgit's Path Round #2
Posted by serenity - 03 Nov 2017 00:30

The monster could also refer to the ego.

For years my ego wanted me to stop masturbarion. I was making a deal with and befriended the monster. Only a vital spiritual experience could shake me into reality. I was literally blind and delusional for years. The other thing that tells me is that I am still blind to many things about myself and I hope to have more revelations about that as God helps me grow.

Thanks cords.

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Re: Bgit's Path Round #2
Posted by cordnoy - 03 Nov 2017 00:53

It most certainly does refer to ego; especially an alter-ego.

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Re: Bgit's Path Round #2
Posted by bgit - 03 Nov 2017 16:38

Day #5

B"h today is going well also. I think that this thread reached a whole new level with some Cordnoy poetry!

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 05 Nov 2017 00:59

Day #6

B"h shabbos was good. I had a temptation but I tried really hard to not let it get out of control and I tried to keep in mind that Hashem is the one fighting for me. B"h it helped and I'm feeling much better now. I still haven't acted out with either pornography or masturbation since I've started even though I'm only considering pornography a fall.

See everyone tomorrow!

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