

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 bgit - 06 Nov 2017 02:47

Day #7

Today wasn't as great as before since I did masturbate, but still no pornography. I also tried to keep my mind blank from imagery as per the suggestion above. It's hard to describe the feeling, but even at the time it wasn't this all consuming lust. I'm not sure what to make of it, but

I think that it feels healthier than using imagery. According to my criteria though, I'm still clean.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by Hashem Help Me - 06 Nov 2017 04:17

lyh pretty soon you will break free of both issues. You must feel liberated that you can control your eyes and mind. It should continue b'ezras Hashem, and then the hands will follow, and then you will help others.....

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Re: Bgit's Path Round #2
Posted by Markz - 06 Nov 2017 13:40

There was once

a wet drunk who had a dry dream...

a dry drunk who had a wet dream...

a drunk who had a dream...

a dream who had a drunk...

a dream - who drunk?

Me of course!!

That's what I would feel like if I was joining gye now and hearing that masturbation now is Ok and I should separate the 2 and give it a try... for a week or a month or a year,\.

I don't believe I would have had my 650 day streak

In recent days my porn struggle was weaker than masturbation struggle, I don't think I'd be back

to 100+ days BH either...

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Re: Bgit's Path Round #2
Posted by bgit - 07 Nov 2017 02:16

Day #8

B'h things are going well. This split up really helps, and really minimizes the lust a lot. With Hashem's help it will continue.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 07 Nov 2017 23:53

[Markz wrote on 06 Nov 2017 13:40:](#)

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Two things. Who in the world is saying that masturbation is OK? Also, I'm not understanding why you sound so confident that it won't work. I believe you that you don't think it will work for you, but from your tone it sounds like you are trying to generalize to everyone wise. I honestly do appreciate your opinion that this can't work, I'm just not clear where you are coming from and why you have such a strong opinion about this.

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Re: Bgit's Path Round #2
Posted by bgit - 07 Nov 2017 23:59

Day #9

B"h things are going well. The knas really makes it much easier to ensure that things are stopped well before they get out of control. Be"h it will continue to work.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 09 Nov 2017 02:09

[Markz wrote on 06 Nov 2017 13:40:](#)

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Thanks for your opinion (seriously). I definitely wasn't saying that masturbation was ok, and I don't think anyone else was saying that either. This type of thing is similar to a kiruv situation. If you try everything at once you're probability of failure goes way up. It's better to take it slow and make progress than to go quickly and leave with nothing. No one (that I can tell) is saying that it would work for you or anyone else, from my point of view this thread is not advice for other people at all. I'm just giving over what I'm trying in this struggle in real time. If someone wants to take something that I did or said for themselves, that is their own problem and it has nothing to do with me. This thread is just a log of my struggle.

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Re: Bgit's Path Round #2
Posted by bgit - 09 Nov 2017 02:11

Day #10

B"h today was good again. No slips of any kind. Not much else to say.

See everyone else tomorrow!

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Re: Bgit's Path Round #2
Posted by serenity - 09 Nov 2017 02:40

Thanks for sharing.

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Re: Bgit's Path Round #2
Posted by bgit - 09 Nov 2017 23:19

Day #11

I was looking at something today, and I probably looked a little longer than I should have, but Hashem helped me to stop and I shut it off. Everything else is still good.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by bgit - 10 Nov 2017 20:21

Day #12

Last night I looked at some stuff longer than I should have. It wasn't that terrible, but I had a hard time stopping. Thankfully I didn't look at any pornography but I did masturbate without any imagery. Like before, it wasn't this all powerful lust which for some reason makes it much easier not to keep slipping. Once the lust really hits, it's even difficult after masturbation sometimes. I'm just focusing on stopping pornography now, so I'm still on track by my definition.

Have a good shabbos!

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Re: Bgit's Path Round #2
Posted by bgit - 12 Nov 2017 00:32

Day #13

B'h shabbos was good. I'm still on track and am almost at two weeks. I am starting to get this little urge to look at pornography, but it's not that strong. I think that I can do this.

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by Hashem Help Me - 12 Nov 2017 04:06

Its incredible how much you have accomplished. Of course these urges will come, and iyh you will be successful in ignoring them. Knowing that you can share all this here will help also.

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Re: Bgit's Path Round #2
Posted by LoveU,Hashem - 12 Nov 2017 18:49

Well done Bgit!

I am happy you're moving upward! No matter which road you're taking!

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