

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!

=====
=====

Re: Bgit's Path Round #2

Posted by tzaddik212 - 15 Dec 2017 17:07

Thanks tzomah:smiley:

=====
=====

Re: Bgit's Path Round #2

Posted by bgit - 15 Dec 2017 21:13

Day #47

B"h everything is still good.

See everyone tomorrow!

=====

Re: Bgit's Path Round #2

Posted by bgit - 17 Dec 2017 04:53

Day #48

B"h shabbos was good.

See everyone tomorrow!

=====

Re: Bgit's Path Round #2

Posted by tzaddik212 - 17 Dec 2017 05:15

I am happy to hear about your shabbos, may it continue this way through the week days.

=====

Re: Bgit's Path Round #2

Posted by bgit - 17 Dec 2017 23:58

Day #49

I made it seven weeks! No real news, but I'm going on my third week completely clean without even thinking about it much.

See everyone tomorrow!

=====
=====

Re: Bgit's Path Round #2

Posted by tzaddik212 - 18 Dec 2017 00:06

good to hear this. keep it up

=====
=====

Re: Bgit's Path Round #2

Posted by bgit - 20 Dec 2017 02:35

Day #51

Unfortunately, yesterday I had a masturbation fall, but still no porn b"h. I got started with some stuff that I shouldn't have been looking at and was able to push everything off until the next day. Unfortunately I started looking at stuff again, which led to me masturbating. I have to be really careful at those beginning stages, that's where the fight is. Be"h I was able to delay it which is a big accomplishment for me, and I also made it clean for two and a half weeks which is good. I'm really seeing progress here.

See everyone tomorrow!

=====
=====

Re: Bgit's Path Round #2

Posted by Markz - 20 Dec 2017 04:46

[bgit wrote on 12 Dec 2017 02:05:](#)

Day #43

I've been pretty busy lately with some stuff that I've gotten involved with which has really given me more of a purpose and has helped immensely in this struggle. Not watching porn has really enabled me to get involved in things outside of myself and getting involved in other projects with other people makes it tremendously easier not to watch porn and masturbate. I haven't masturbated in almost two weeks and have barely noticed it.

Brother I want to share with you something I noticed in the whitebook which I started perusing recently thanks to Shvisi.

Maybe this will help someone else - I'm not sure. The beginning of your post is something I tried to do often too, but it's actually an escape from life

When we are alone - in private - and I share the limelight only with myself - many of us dread such an experience - as Rabbi A Twersky said about himself too (not regarding lust)

Recovery = dealing with life

Heres a quote from the SA white book (pg 23)

Sorry I cut off the quote in the middle - you know how to find the whole thing ;-)

=====

Re: Bgit's Path Round #2

Posted by tzaddik212 - 20 Dec 2017 14:44

Hi Mark

As we say, You hit it on the nail.

=====

Re: Bgit's Path Round #2

Posted by bgit - 20 Dec 2017 20:39

Day #52

B"h things are good. I only had one fall and it didn't lead to anything else.

See everyone tomorrow!

=====

Re: Bgit's Path Round #2

Posted by tzaddik212 - 20 Dec 2017 21:23

Good and Sweet

=====

Re: Bgit's Path Round #2

Posted by bgit - 21 Dec 2017 21:47

Day #53

I've had some slips here and there but with Hashems help it won't lead to anything else. I'm not sure what's gotten in to me these last couple of days. They've been a little hard for me.

See everyone tomorrow!

=====
=====

Re: Bgit's Path Round #2
Posted by tzaddik212 - 22 Dec 2017 15:11

Hi Bgit

I dont what was the trigger, but for me, i tried to stop a/o over 2 and a half decades, and what i came to realize, is that i am living in my own head. and i decide what to share and what not to share. today i am not in my own head, i share everything before i a/o, so i dont end up a/o. i never a/o when i was sharing before with a friend. once i share it, it loses its potency. you might use this information, or trash it.

=====
=====

Re: Bgit's Path Round #2
Posted by bgit - 24 Dec 2017 01:59

Day #55

I had a really rough past couple of days and I did end up masturbating. I came pretty close to looking at porn but with Hashem's help I didn't so I still have my streak going for no porn watching. ly"h I'll get over this soon. I renewed my knas on looking at things for arousing purposes. Hopefully it'll help me not to get started.

See everyone tomorrow!

=====
=====

