

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 - 22 Oct 2017 21:01

Thanks everyone for your advice. RobFloyd, Markz (if I'm understanding you) I think that you're right that I need to reach out to other people, I just need to figure out who and how. It really goes against my nature and is difficult for me. Hashem Help Me, that's good advice I'll do that.

At any rate I need to do something differently than I've been doing until now. It's been about

two months and there has been some progress but it's been very slow. I think that posting daily what's happening with me is starting to become more harmful than good since it's making my falls feel like huge public events which makes them much more difficult to deal with after. So, for now, I'm going to stop posting here daily, but I'll still be around the forums.

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Re: Bgit's Path Round #2

Posted by Markz - 22 Oct 2017 21:51

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Some guys are on gye with no success after many years

Dont go hard on yourself bro

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Re: Bgit's Path Round #2

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Re: Bgit's Path Round #2

Posted by Fed - 22 Oct 2017 23:22

You are amazing!!!!

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Re: Bgit's Path Round #2
Posted by bgit - 23 Oct 2017 02:00

@LoveU,Hashem

I got your chat and I tried Pm'ing you but it kept saying that the user name doesn't exist (I'm guessing that the comma has something to do with it). Have you ever received any PM's? Pm or chat me for what you had in mind, I'm definitely interested, but we have to work on details.

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Re: Bgit's Path Round #2
Posted by dms1234 - 23 Oct 2017 21:57

You briefly sad earlier that you were doing something with the 12 steps or Dov's talks? Could you explain exactly what you are doing for recovery?

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Re: Bgit's Path Round #2
Posted by LoveU,Hashem - 23 Oct 2017 22:20

Interesting. I have private massaged in the past. Please email me at loveyouhashem1@gmail.com . I hope you're having a clean day!!

Cheers to you, my dear friend, and our loving father!!

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Re: Bgit's Path Round #2
Posted by bgit - 24 Oct 2017 18:35

[dms1234 wrote on 23 Oct 2017 21:57:](#)

You briefly sad earlier that you were doing something with the 12 steps or Dov's talks? Could you explain exactly what you are doing for recovery?

I've been listening to Dov's talks in the twelve steps and have been trying to implement some of them. Specifically, I've been attempting to admit my powerlessness to Hashem and ask Hashem to fight for me at shacharis and thank Him for fighting for me at maariv. I've found that it really helps me although it's not a solution. For all the purists on here, it's not THE 12 steps. It's just some lessons that I'm learning from it and trying to apply it to my life.

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Re: Bgit's Path Round #2
Posted by bgit - 29 Oct 2017 13:18

I'm realizing that it was a mistake to stop posting here. I had made a little progress, which I didn't really appreciate and I'm seeing that it was due to my postings. I'm going to continue posting. I have a little bit of a different idea for a "challenge" which I'll post soon.

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Re: Bgit's Path Round #2
Posted by LoveU,Hashem - 30 Oct 2017 22:38

So what's the game plan, buddy?? I ran out of options..

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Re: Bgit's Path Round #2
Posted by Markz - 30 Oct 2017 22:46

[LoveU,Hashem wrote on 30 Oct 2017 22:38:](#)

So what's the game plan, buddy?? I ran out of options..

That's when the fun begins

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Re: Bgit's Path Round #2
Posted by bgit - 30 Oct 2017 23:00

I'm going to try and work on not watching pornography or viewing anything even if I do masturbate (which I will continue to work on but with less focus on it). I'm going to try and do the ninety day challenge, but falls are only watching pornography.

Here are some of my guidelines:

I will keep posting daily

A fall for this is defined as purposely viewing pornography (which is indisputable) or masturbation while viewing any pictures /videos even non-pornographic.

25 cent knas for looking at someone /something for lust purposes but no payment on sefeikos. This is for 2 weeks.

Keep listening to Dov or reading gye materials.

Today is day 1

See everyone tomorrow!

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Re: Bgit's Path Round #2
Posted by Hashem Help Me - 31 Oct 2017 00:55

Great. You are taking many steps in the right direction. Separating masturbation from pornographic imagery is very wise. If at all possible try to not even have any images in your mind (not just on a screen) if you m***** Wishing you success on all fronts.

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Re: Bgit's Path Round #2

Posted by cordnoy - 31 Oct 2017 01:08

[Hashem Help Me wrote on 31 Oct 2017 00:55:](#)

Great. You are taking many steps in the right direction. Separating masturbation from pornographic imagery is very wise. If at all possible try to not even have any images in your mind (not just on a screen) if you m***** Wishing you success on all fronts.

I don't think it's so wise, but I may be wrong.

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