

WannabeFree in 90 days

Posted by WannabeFree - 14 May 2018 11:59

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I have managed a 8 days so far! Yay me! I must say the people here are wonderful and encouraging. It is a breath of fresh air to be able to open up like this.

8 days later, I don't feel much different, but I have learned new things and see that other people know exactly what I am going through, so here's hoping I'll make it through to 90...

WBF

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Re: WannabeFree in 90 days

Posted by WannabeFree - 28 May 2018 17:13

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Day 22

I was told that just sharing the wins isn't the point, but it gives me encouragement so that I don't dwell only on the losses. I had a reasonably good day today. There are a few specific women that I meet in passing on a regular basis and who trigger me. I was given some good advice to daven for these women for good health, parnossa, etc. and so to make them more real for me and not objectify them. Today I met one of them and I feel like this advice helped me pull through without her triggering me as much as usual and I was able to continue a day with less lusting than usual. So thanks to GYE!

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Re: WannabeFree in 90 days

Posted by i-man - 28 May 2018 22:00

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sharing the wins is a great thing - the point of the forum is to help each other and grow together..

keep up the great work and keep sharing

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Re: WannabeFree in 90 days  
Posted by WannabeFree - 29 May 2018 17:05

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Day 23

I want to share something with you. While watching porn and masturbabating was something quite regular for me, one of my bigger struggles has been simply touching women that I happen to walk past it put myself purposely in close proximity to a woman so that she would be forced to touch me as we go past each other etc. After consultation with the admins I added this issue to be included as fall. I have found this to be more difficult than not masturbating or watching porn, but it is an exhilarating feeling to see that I have managed three weeks nonetheless!

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Re: WannabeFree in 90 days  
Posted by lionking - 29 May 2018 17:57

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Keep up the good work!

As an aside, I wondered a couple of times, how come when I ride the subway and it is crowded, I would never dare to push on where woman are standing and always leave some space between me and a woman, lest she suspect me of being a pervert or charge me with sexual harassment. Yet, woman have no issue pushing in to me, etc... (Not going to write out everything that they do that affects me).

Is the man always the instigator of sexual harassment???

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Re: WannabeFree in 90 days  
Posted by lionking - 29 May 2018 17:57

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Re: WannabeFree in 90 days

Posted by WannabeFree - 30 May 2018 07:47

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Day 24

BH uneventful (so far).

I must say that whenever I have an urge to surf the web these, I try to open up GYE first and  
On a more serious note, trying to see myself through  
other people's problems actually helps me. When I try give advice or share what worked for me  
it reinforces those things by me and (hopefully) becomes more a part of me.

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Re: WannabeFree in 90 days

Posted by WannabeFree - 30 May 2018 07:52

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[lionking wrote on 29 May 2018 17:57:](#)

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Lets be honest here, how many times would a "regular" man complain if he were "taken advantage" of by a woman?!

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Re: WannabeFree in 90 days

Posted by WannabeFree - 31 May 2018 21:04

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Day 25

Today started off ok, even quite strong, but later on I landed up waiting in the car for someone for an hour. While waiting I couldn't help but look at every woman that walked past instead of keeping my eyes down. And tonight I watched a movie and afterwards looked up more pictures of one of the actresses (not erotic, just a search on the name. Is that a fall? I hope not...) Not feeling great about it right now, but as Mattisyahu puts it: "One day, one day, one da-a-ay" at at time, right?

I know there are a number of more tools that I can use to protect myself, but I don't really want to let go of the lust completely. That's really the issue here (or at least one of them). I installed the CovenantEyes filter for my computer, but I can still watch movies and lust after the actresses, just can't go that extra porn mile, which is good obviously, but doesn't stop me lusting.

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Re: WannabeFree in 90 days

Posted by WannabeFree - 03 Jun 2018 07:53

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Day 28

I've had a few ups and downs in the last few days, but nothing major to report b"h. Here's to the rest of today going well!

Later:

Had a couple of difficult situations this afternoon. One of those women that I meet every so often that trigger me and our non-Jewish cleaner came in dressed less tzniusly than usual (she's usually dressed relatively tzniusly). Without GYE I definitely would have fallen today...

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Re: WannabeFree in 90 days

Posted by WannabeFree - 04 Jun 2018 19:42

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Day 29

Going through the day, knowing that I want to tell everyone how my day went helps to keep me focused. I had a few trying times today, however I never allowed the lust to take over today, b"h. Another "trick" I was taught recently (thank you Hashem Help Me) was to start the day off by saying something like: "Thank you Hashem for all the beautiful things you gave us in the world to enjoy. However the beauty of the woman is off limits to me, even if she is dressed provocatively, as this was not Your intention. Please help me to keep clean today." Also I have started communicating with a partner, so hopefully it will strengthen both of us.

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Re: WannabeFree in 90 days

Posted by WannabeFree - 05 Jun 2018 11:57

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Day 30

So I should be happy with managing this far, but I'm in a bit of a depressed mood today. Not sure why. This morning (until I got back home) went well. I'm feeling the urge to act out more than usual, maybe withdrawal symptoms. I managed to distract myself for a while, but it keeps coming back. I've hardly done any work today either because of it. I keep on opening up different web pages (nothing terrible; I have WebChaver) to distract myself. My work is all on my computer and I can't get focused on it today. This happens many days and why I haven't completed my studies so that I can get a job.

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Re: WannabeFree in 90 days

Posted by Hashem Help Me - 05 Jun 2018 12:46

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When i experience withdrawal i pick up the phone and call one of the chevra. The advice, chizuk, accountability, and simply the ability to share are extremely therapeutic.

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Re: WannabeFree in 90 days

Posted by iampowerless - 05 Jun 2018 18:02

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When i find myself feeling depressed one thing that is helpful to me is being **mindful** that i'm feeling depressed **accepting** the fact that I'm feeling depressed and **practice compassion to yourself** it's ok to feel this way.

Again just don't try to fight your feelings because **you will loose** just accept them as feelings (sometimes we get good feeling other times awful ones. But there all part of life) and do a activity that will help such as taking a walk. Going to the gym calling the chevra or doing some mindfulness exercises.

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Re: WannabeFree in 90 days

Posted by Hashem Help Me - 06 Jun 2018 03:07

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Very well said!

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