

New Journey to 90 days

Posted by iwilldothis - 25 May 2018 11:34

I haven't posted in about a year. I don't remember why, but nevertheless I'm back and ready to do this again. I have pretty much hit rock bottom and I'm ready commit to do what I need to do to battle the Y"H. I fell too many times this month. I don't feel so connected to Hashem right now. In a way, I do feel connected because I am trying to do/be better, but not as connected as I used to be. I'd like to also get my mind back from the Y"H. All this falling has made my disconnected from the real world. I do work and learn, but everything is fuzzy.

I figured that it's about time that I don't do this alone. I can't do this alone. I need a community and Hashem to get through this. I have to reach out to others and to Hashem for support.

Today is Day 1.

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Re: New Journey to 90 days

Posted by iwilldothis - 03 Jul 2018 10:44

It does work for me, but the emotions are sometimes too strong. I am powerless to lust and I should be davening to Hashem more and more through the day to help me. Not only for lust but with other stresses.

As for today, I am at that point where I feel like I need to masturbate. I know it's a repeat of my last posts, but I have to learn from my mistakes. I am just reminding myself that I do not need to masturbate. I can call others and especially call out to Hashem to help me. Just for today. I don't need to think about tomorrow.

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Re: New Journey to 90 days

Posted by mzl - 03 Jul 2018 12:22

You can't remind yourself that you don't need to masturbate if you believe you do need it. Reminding is literally that, you forgot about it, and now you remember. If you believe you have no choice you have to prove to yourself that you do have a choice.

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Re: New Journey to 90 days
Posted by iwilldothis - 05 Jul 2018 10:48

Today(or at least right now) I'm feeling calm. I had a small slip last night because I saw something but realizing that I'm powerless to lust and surrendering to Hashem helped me. Surrendering to Hashem has helped me with having a closer relationship to Hashem and it helps me realize that He runs the world and He does a great job at it, too. Not that He needs my

I know/believe that I don't need to masturbate or look at porn. The lust is telling me that I've made it this far and I've suffered for the past week, why not just look at porn just to enjoy life a little. But in reality I didn't suffer this past week by not looking at porn or masturbating. I actually lived life the past week. I spent time with the family yesterday and was present for most of the time. I'm more present at work. If this is happening now early in my sobriety, I wonder how my state of mind and how present I would be later.

I also noticed a nice benefit of not masturbating, recently. I don't know if it's related to

approval
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Re: New Journey to 90 days
Posted by iwilldothis - 06 Jul 2018 11:04

Day 9

I realized that not only do I need to stop looking at porn or masturbate, I need to also keep myself productive and work on myself. I went to the library to get a couple of books to read when I'm bored or when I need to relax.

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Re: New Journey to 90 days

Posted by Markz - 06 Jul 2018 11:10

[iwilldothis wrote on 06 Jul 2018 11:04:](#)

Day 9

I realized that not only do I need to stop looking at porn or masturbate, I need to also keep myself productive and work on myself. I went to the library to get a couple of books to read when I'm bored or when I need to relax.

Good move, I approve

Life isn't about not porning etc...

Rabbi Twersky books, or Charlie Brown?

Both?

Warning: Spoiler!

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Re: New Journey to 90 days
Posted by iwillothis - 06 Jul 2018 20:27

I used to read fantasy fiction like books similar to Harry Potter or even just regular fiction. In the past year or so, I've gotten bored from those types of books. I got more into self improvement books or thinking books.

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Re: New Journey to 90 days
Posted by iwillothis - 12 Jul 2018 10:59

The past few days have been OK. I had a feeling like I was missing something by not masturbating and looking at porn. I know that I don't need it and it won't give me what I need. What I do need is to deal with my anxiety and do what I need to do not go escaping into TV or porn.

I was journaling today and I noticed today that I think that I don't deserve friends or happiness because I have lust. Not do I have lust, but I lust after men. I think that I'm not a good person. Just noticing that this is what I say to myself helps me change my thoughts. I would drown that thought by escaping and I denied that I even had that thought. Thinking about it, I might have posted about this feeling before. Maybe I'm just more cognizant of my feelings that it's coming out more. I have to learn to separate the disease and myself. The disease does not define me. I think that's what I need to work on for now. To tell myself that I'm a good person who just has a disease and I do deserve happiness and friends.

Thanks for listening

Heres to day 15.

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GYE - Guard Your Eyes

Generated: 20 September, 2024, 01:24

Re: New Journey to 90 days
Posted by mzl - 12 Jul 2018 12:51

Keep up the good work.

I don't know that I don't need it. I need to learn that every frigging day...

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Re: New Journey to 90 days
Posted by iwilldothis - 19 Jul 2018 10:46

I had a wet dream a couple of days ago. I even remember what the dream is about. It's been hard to keep it together and not want more. Reaching out to others(getting out of my head) and going to meetings helped. I'm good today BH.

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Re: New Journey to 90 days
Posted by Hashem Help Me - 22 Jul 2018 20:44

We t dreams usually are actually a good thing. When the subconscious realizes that you consciously wont release any more, it wants its fix, so it takes over when you are asleep

This also subsides eventually.

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Re: New Journey to 90 days
Posted by iwilldothis - 24 Jul 2018 11:21

Day 27. I'm still doing good BH. I'm starting to learn to deal with emotions and not escape into TV or porn or m. I'm not perfect but baby steps. Last night when I wanted to relax I didn't even want to watch TV. I still watched it because I would have been bored and watching TV is better(for me at least) than being bored.

I'm going to make a list of things to do if I'm bored. I do have other things to do when I'm bored I just need to do them.

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Re: New Journey to 90 days
Posted by iwillothis - 27 Jul 2018 10:38

By the chesed of Hashem today is day 30. I've been feeling great the past few days. I'm actually talking to others without being afraid. I'm not as afraid to be in social events or to interact with others. I'm feeling more positive about myself. The big thing for me this week is that guys who I usually lust after don't really do it for me. I don't even want or feel a need to turn around for a second look. I know that I'm not "cured" or anything but I'm just seeing the results of surrendering to Hashem and having a connection with Him. I have a long way to go but it's nice to see that this(12 steps/surrendering) works.

I'm been feeling more emotional recently because I took away my escape. It makes me feel more alive and I've been pushing/encouraging myself to just feel what I'm feeling and just journal about it.

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Re: New Journey to 90 days
Posted by mzl - 27 Jul 2018 13:30

Thank you and keep up the good work.

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Re: New Journey to 90 days
Posted by iwillothis - 03 Aug 2018 10:56

Today is day 37. This week feelings from my childhood starting coming up and I journaled about it and just let them be. It was good just to let some of the feelings out. I started becoming more present when I talk to others. Every week is better then the next.

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Re: New Journey to 90 days

Posted by iwillothis - 09 Aug 2018 13:43

Day 43. It just hit me today that the only way to get rid of lust, at least for me, is to surrender it. I can't fight it. The only time it goes away is when I surrender it to G-d. It's not a chiddush or anything. I can't fight lust like I used to because I never actually won.

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