

ChizukSC 90 day challenge

Posted by ChizukSC - 04 Jun 2018 02:20

Brief introduction: I unintentionally started masterbating as a young kid 12 years ago. Since then, I have longer periods where I was able to quit, mainly while studying in yeshiva. However, ever since I starting dating, I have found the struggle not to act out hard when dating people who I find attractive.

Recently, I have come to grips with the idea that there is no way I can get married while I have this habit. This happened in conjunction with meeting a girl that I can see myself G-d willing marrying some day and the strongest incentive in my head for being able to control myself on my road to ninety days so far, is that I can only marry to this absolutely amazing young women if I conquer this habit. In my moments of weakness during these first sevens days (seven days clean currently) it helps me to imagine her face of disappointment at me if I would do such things.

Here's to being on my way to 90 one day at a time!

=====

=====

Re: ChizukSC 90 day challenge

Posted by ChizukSC - 06 Jan 2019 04:14

bh, up to day 8, and really feel like my new approach is helping. Shavah tov to all.

=====

=====

Re: ChizukSC 90 day challenge

Posted by ChizukSC - 13 Jan 2019 01:27

Over two weeks now (day fifteen). Slipped a little over shabbat, but BH feeling good and feel like my new approach is giving me a much better chance for long term staying clean. Shavah tov.

=====

=====

Re: ChizukSC 90 day challenge

Posted by ChizukSC - 13 Jan 2019 06:09

I want to explain my slip and a tool I developed and used. I have honed in the fact that I sometimes masturbate when I am stressed/lonely/emotionally down. In other words, I use the pleasure from the dopamine to blot out the pain.

If you read my entire thread, I once dated a girl who I thought the world of and cared deeply about. We ended up not getting married, but I think about her often, what could have gone different, hoping she is ok, wishing I could be there for her, and overall missing spending time with her.

I happen to know that she's going through a rough time right now, and I was thinking too much how much I would want to be there for her, to support her emotionally through this rough time and how sad I was that I couldn't do that anymore and I started to slip.

At the time, I made myself consciously think, why are you doing this? Why does it feel like a need? What is pushing you towards this compulsive action?

Once I became **mindful** of the fact that I was doing this just to try to blot out the emotions (and this was not a need), but rather a self medication technique, the struggle lessened and the slip stayed just that, a slip.

Hope that's helpful for some folks.

=====
=====