

Towards 90! Just watch me!

Posted by GaviF - 05 Nov 2018 07:35

Hi all! I am new to this forum so please see my intro that I just posted as well, in order to understand my situation better! Also realise that I am very open to comments, debates and criticism and will only welcome these with much gratitude for your input and support.

For now, i'm going to jump right into speaking of my current 90 day journey!

So currently, I am on my 8th day in my current streak.

I believe that if I truly want this to be the last and ultimately successful streak, then I will need to treat it that way. Thus, as I have done in the past, I will once again ask the question of, "What actions could I take that would ensure that these negative patterns of acting out will never occur again?"

Thus, my stands that I take (of course bli nedarim/shavuas) are:

- To be cognisant at all times that this struggle takes priority over almost all other areas in my life. I will achieve this by:

- Reading over my motivations for ending this struggle regularly.

- Messaging my sponsors regularly.

- Keeping a count of the seconds that I have been clean from straying after inappropriate thoughts for prolonged periods of time (this has worked wonders for me in the past and lead to my longest streak yet, of about 50 days, the reason being is that it is a way to monitor myself i.e. if I do notice that I am starting to stray in my thoughts, then I automatically know that I am in need of chizuk, careful analysis of the current strategy, and greatly increased vigilance until I feel confident that I am back on track).

- Having awesome rewards along the way, stuff that I would otherwise have not engaged with. I will have these after these intervals:

14 days (this wednesday): ice skating with my brother

1 month - buy loads on Black Friday coming up! (maybe even a watch as well!)

2 months - to be decided (roadtrip? Buy a sound system for my room?)

3 months - to be decided

6 months - to be decided

1 year - to be decided

- Discussing with my Rabbi a few pertinent points regarding this struggle that I desire clarification about.

- If I do have an urge that is persistent, then to follow through with my strategy that I have:

- message my sponsor and support partners

- to rate the urge every few minutes to be very aware of what is happening and to make the situation ever more pleasant such as putting on music, then if it persists then to change the situation such as to tidy up my room and especially effective is to go on a run.

- also prob a great plan to take a stand on this forums that I will keep strong regardless and to chat with the private chat

- If I truly am struggling, then to go to all extremes such as actually meeting with my one sponsor/leaving the house/visiting a friend/driving to somewhere serene where I can be in nature/going to a restaurant

- If really nothing is helping then then I could go all out and call my Rabbi and even if need be binge on other stuff like series, food, etc.

- Eliminating compulsion from myself as a really strong correlation is present between compulsion in other areas (like browsing the internet aimlessly) leading to compulsion in the sexual areas. For this, I will treat compulsion in general very seriously. I have a count also for compulsion (i.e. seconds that I was able to spend not compulsively), and when I notice that I am starting to become compulsive, I plan to analyse my situation and refine my strategies for self &

time management.

- Being easy on myself and providing other outlets (like exercise), social connections and fun ventures to occupy the space that these compulsions where trying to fill. For this I think a great plan is to do every week:

- meet with a friend once/week
 - have a cool activity each week
 - exercise 3 times/week
 - read my motivations/life-realizations for 20 min, 3 times/week
 - post on this forum at least three times/week
 - spend 30 min reading content on GYE or on this forum/week
 - spend 30 min with NAC (a psychological technique I have learnt)/week
 - 20 min with MTL techniques every day (methods from a self-development course I attended) of the week
- to post on this forum roughly at least three times a week
- to not lessen guard one bit unless I have thoroughly discussed the situation with wither my sponsor or on these forums and only if it seems logical and rational to.
- If I am unsure about an aspect of this program or I sense a weakness in it, then to realise that it is priority number one to sort this out. Also, to realise that I am in a vulnerable state and that thus to be very vigilant whilst sorting myself out (such as doing it in a room that is accessible to everyone so that I am not spurred to stray during the process; such as making myself something delicious whilst working on my strategy - to make it more enjoyable). If I sense that I am in a very vulnerable state, then to go into a park or somewhere natural (even if I will need to drive far, though there is this serene nursery near to me!) and work on this stuff over there!
- Also to ensure that if heaven forbid, heaven forbid, I do stumble, to ensure that it is short lived and I pick myself up again quickly! Thus, to ASAP go to a serene place to work on the program. Also if anyone has any suggestions as to how to ensure that I would not binge were I heaven forbid to stumble i.e. like how to ensure that the stumble would not drag on for hours, thus

compounding the stumble, please suggest! (maybe like having a penalty for stumbling and making it way more severe if I stumble for a prolonged period of time?)

I know all of this is a very ambitious plan, but seeing that this area is such a cornerstone for living a Torah life and forming deep connections with ourselves, Hashem and others, I see it fit to be as serious as I can with this struggle. I have been struggling for many years and it seems that to beat this, it seems for me, that I will need all the resources that I can draw on. I hope to post often about how I am doing with regards to following my strategies and in general with this struggle. If anyone has any doubt as to whether I can follow through with this, I hope to prove you wrong! This is it, watch me!

P.s. I am immensely grateful to all on this forum for creating such a rich environment to pursue our goals and grow in such a pertinent area. A special thank you to those who have supported me, continue to support me and those who will pg support me in the future - truly I don't think I could ever do it alone. I pray Hashem sees our noble efforts and tightens our bonds of connection to him for us to delight in his glory and climb to ever increasing heights.

=====