

Once and for all

Posted by Onceandforall - 09 Jul 2019 12:21

Hi everyone. I posted on the welcome and introduced myself. I was given advice to post regularly and that was always my plan so here goes- hope to post morning on way to work and evening before I get home.

My day day started well. I went to shachris and learned with chavrusa (usually not a problem, but sometimes I sleep in). Working in nyc in the summer is so hard. So much temptation to look at, how do you just keep your head down and try not to look??

This day is going to be great and thanks for joining me in my journey to 90 days+

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Re: Once and for all

Posted by Onceandforall - 22 Jul 2019 12:58

Day 13

Ahh.. Mondays- for some the dread of a new work week, but for me a welcome amount of busy to help me in this fight.

@inspired. I actually have no idea what you mean- it was pretty vague what you said, lol. I too would like to discuss more to better understand what your saying. Anything that would help me- especially if it's getting a better big picture perspective. Would u like to chat privately? I just set up a gmail that anyone can reach me at if they want to talk: onceandforall9091@gmail.com

wishijg everyone a great day and strength!

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Re: Once and for all

Posted by Onceandforall - 24 Jul 2019 15:30

Day 15

i frustratingly just lost a longer post I composed earlier. Just wanted to say that BH things are going well.

I also wanted to make a point to let any beginner that maybe reading this know that I think it's crucial to stop watching tv/movies if trying to stop. There are so many triggers and I think anybody is kidding themselves that they'll be able to stop mzl or porn long term when still watching movies. I tried before stopping while not giving up tv and I never worked for me. It made the struggle so much harder.

its hard to give up but it's the advice I got and it's been a game changer. So if your trying and

also, this is just my personal thoughts, but I think by doing this you are giving up something for HaShem and He pays you back by helping you succeed with siyata dishmaya. Show Him you are willing to put in real effort for things you can do (give up movies) and He will help you do thing you can't do alone (stay clean).

Wishjgg eveyone a great day with lots of strength to overcome your struggles.

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Re: Once and for all

Posted by Dave M - 24 Jul 2019 16:59

[Onceandforall wrote on 24 Jul 2019 15:30:](#)

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This is really good advice. I struggle with watching movies or tv shows when working out at a gym. Although it helps with the workout. I need to be honest and acknowledge that this does not help in my fight against this Y"H. Even if what I'm watching is "clean" It is hard not to be affected when viewing attractive actresses. Thanks for this push. I'm gonna try to refrain from this.

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Re: Once and for all
Posted by Onceandforall - 24 Jul 2019 20:46

Agreed! I don't even know how you go to the gym!! I currently work out at home but someone asked me to join him at the gym- but I'm too nervous that I won't be able to control myself from looking at women in the gym. Gym clothes are so provocative these days (and unfortunately a big turn on for me). I don't think I can go... but at the same time I know it will help me make sure to exercise more by having a partner.

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Re: Once and for all

Posted by Dave M - 25 Jul 2019 12:49

Is there a Jewish/kosher gym that has separate hours for men?

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Re: Once and for all
Posted by Hashem Help Me - 25 Jul 2019 20:26

[Dave M wrote on 25 Jul 2019 12:49:](#)

Is there a Jewish/kosher gym that has separate hours for men?

In Brooklyn, Yeled V'Yalda has a kosher gym. Besides the separate hours, the video monitors)

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Re: Once and for all
Posted by Realestatemogul - 26 Jul 2019 04:46

[Onceandforall wrote on 24 Jul 2019 15:30:](#)

Day 15

i frustratingly just lost a longer post I composed earlier. Just wanted to say that BH things are going well.

I also wanted to make a point to let any beginner that maybe reading this know that I think it's crucial to stop watching tv/movies if trying to stop. There are so many triggers and I think anybody is kidding themselves that they'll be able to stop mzl or porn long term when still only have kosher content. It is a great place (besides parking watching movies. I tried before stopping while not giving up tv and I never worked for me. It made the struggle so much harder.

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also, this is just my personal thoughts, but I think by doing this you are giving up something for HaShem and He pays you back by helping you succeed with siyata dishmaya. Show Him you are willing to put in real effort for things you can do (give up movies) and He will help you do thing you can't do alone (stay clean).
your serious- it's my beginner advice to other beginners

Wishjgg eveyone a great day with lots of strength to overcome your struggles.

Keep up the great work!!!

I also lost a really long post on my trek to 90....Lol, maybe it is an integral part of getting through

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Re: Once and for all
Posted by Onceandforall - 26 Jul 2019 23:26

Day 17

I want to start putting away a certain amount of money every time I overcome my urges and stay strong. And then when it adds up to a large amount and I have stayed clean for a nice amount of time I can buy something meaningful that will be a constant a reminder that I can do this. Anyone do this? Thoughts?

An amazing strong Shabbos to all. We can all do this, if you feel like something bad is going to start up- get out of the house and go visit someone !!

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90 days.

Re: Once and for all
Posted by yen - 26 Jul 2019 23:53

Thanks for the idea. I will do the same.

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Re: Once and for all
Posted by Markz - 28 Jul 2019 21:19

[Onceandforall wrote on 26 Jul 2019 23:26:](#)

Day 17

I want to start putting away a certain amount of money every time I overcome my urges and stay strong.

If I'd do that, I'd become a millionaire overnight

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Re: Once and for all
Posted by Onceandforall - 29 Jul 2019 12:51

Day 20

some weekend— ups and downs. Still Fightin and even though difficult, BH no falls- not even slips!

i almost didn't post today, because I didn't really have much to say. I saw someone post elsewhere that they don't post ever because they don't have what to add. So here's my thoughts on that. The posting isn't so much for others as it is for YOU! I personally post random stuff about my day because it makes me think about the fight more often and I know that I have to come hear and speak out my journey. No real insight - just the constant posting itself is what helps me.

It is working for me, so if your hiding out there- start posting for yourself!

great day everyone. I have this one mapped out and should be good for me. Keeping my eyes down has started to become more of a habit (still super hard though!!!)

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Re: Once and for all
Posted by Dave M - 29 Jul 2019 13:03

[Onceandforall wrote on 29 Jul 2019 12:51:](#)

Day 20

some weekend— ups and downs. Still Fightin and even though difficult, BH no falls- not even slips!

Thats great! Its common that the "good feeling" begins to wear off at around 2-3 weeks. Just needs to weather this period and it will get easier. Thanks for your words of wisdoms!

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Re: Once and for all
Posted by Onceandforall - 01 Aug 2019 01:44

Day 22

BH still doing well. Someone I talk to privately asked me if it's getting any easier and I think until he mentioned it I didn't even realize that it has been. In comparison to the beginning weeks, how much I thought about it and now it's only a couple times a day that I am actively fighting. So yes it has been easier somewht but I'm not letting my guard down anytime soon.

The key key for me has been the less you see the less you list. So limiting myself from looking at anything that turns me on : on the street, online, reading watching- anything. Trying to do what we are really supposed to do and not look at anything remotely uncovered. Yea it's hard and yea it's a different lifestyle trying to avoid it all the time. But it sure beats the alternative and makes it easier this way than with looking - that's too hard for me to beat so I just say no.

Strength to ALL!!!

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Re: Once and for all
Posted by Onceandforall - 02 Aug 2019 13:54

Day 24

The time seems to be flying by. I cannot believe that I'm at day 24 already!! Thank you all for all the help to getting to this point and further. Hope everyone has ana amazing shabbos and a STRONG weekend !!

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Re: Once and for all

Posted by Onceandforall - 04 Aug 2019 12:56

Day 26

today is going to be a rough one. The yetzer is already working in overdrive. I have to make sure to figure something out to do and get out of house. But he's trying tactics that while not entirely new to me- are ones that are hard to fight. I'm going to keep strong though !! I know this will pass...

on on another note, does anyone else find that it's a bad situation to be in when you drink a little? For me, I have noticed that it makes me very susceptible to acting out. I don't know if it's because my guards are just down and I don't have the mental or physical defenses to fight or if alcohol itself is a accelerant of lust. Either way, I think it's something I have to stay away from too. But at least be very aware of so be more on guard ... anyone else deal with this too?

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