

Elul-new start

Posted by Eish Emes - 01 Sep 2019 04:05

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I'm not sure if I'm ready to post my full story here or in another post. But, I have a long history with this battle. Started with porn since I'm 13 and I'm now 37. At one point I was very involved in SA and had over a year of sobriety. But, I stopped finding it helpful. I eventually got back in to porn and the past two years got in to worst things. It's Elul and I'm ready to start working on it again and take the 90 day challenge one day, one hour, one minute at a time. I've been clean since Friday.

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Re: Elul-new start

Posted by Eish Emes - 08 Dec 2019 02:44

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100 days! I've had thoughts this week, but B"H still clean. By thoughts I mean "let's google...something triggering". B"H I have a filter so I couldn't if I tried. I realize thoughts like that are going to pop in my head. I've had them probably since I was at least 12. It doesn't mean I have to act on it. Also having a filter is the key. Without one it took a few seconds of weakness to fall, but now I can't so quickly. I also need to be honest with myself. In the past during periods of trying to be clean I would eventually matar googling triggering things because it wasn't actually porn. Of course it would always eventually led to porn. Being totally honest with myself I can't give in to the yetz hora one bit, because once I give in a little it will suck me in all the way. So I accept I'm going to have thoughts, but I don't have to act on it or even indulge them. And if they really become strong I have tools like reaching out to someone, distracting myself, ect..

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Re: Elul-new start

Posted by Dave M - 09 Dec 2019 01:04

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[Eish Emes wrote on 08 Dec 2019 02:44:](#)

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I totally relate to this post. This is something I've struggled with from time to time. Thanks for the chizuk and mazol tov on reaching 100 days!

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