

Sheva Yipol...

Posted by TryingToBeBetter - 19 Apr 2020 16:31

Hi,

For years, I've had problems with masturbating. About two months ago, I decided to take the plunge...but it's been hard-I'll have great streak, and then, poof-I'll lose control, and I'm back to square one...

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Re: Sheva Yipol...

Posted by DavidT - 19 Apr 2020 16:45

You should complete the sentence ... Sheva Yipol... **VEKOM!**

To fall seven times you have to have been up in between. The possuk tells us don't worry you will eventually stand without falling.

Your goal is not to conquer a life-long yetzer hora in one day! Simply putting up a fight is a tremendous accomplishment, and skipping this time, or even delaying it a little bit, is still worthwhile. Even if you ultimately do it, there is still value and tremendous sechar for every second you are able to be omeid b'nisayon.

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Re: Sheva Yipol...

Posted by TryingToBeBetter - 03 May 2020 03:03

I just wanted to share a Rashi at the beginning of Parshas Kedoshim (Perek Yud Tes, Posuk Beis, Dibbur hamaschil kedoshim tihyu): "Shekol makom sheAta motzeh geder erva ata motzeh KEDUSHA." Wherever one finds a guard against erva, one finds kedusha. I hope that this will serve as a bit of inspiration for those of us on this long and difficult journey.

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Re: Sheva Yipol...

Posted by Singularity - 03 May 2020 03:49

Welcome! Hope to get to know your plight a little better. Keep posting!

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Re: Sheva Yipol...

Posted by TryingToBeBetter - 04 May 2020 03:17

another day in the books...

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Re: Sheva Yipol...

Posted by Singularity - 04 May 2020 03:26

Rock n Roll!

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Re: Sheva Yipol...

Posted by DavidT - 04 May 2020 14:01

[TryingToBeBetter wrote on 04 May 2020 03:17:](#)

another day in the books...

It is so good to see your great motivation!

Please remember to always to celebrate your successes. Take small steps toward change, and celebrate each time you get it right. Also, spend time thinking about the emotions you felt when you decided to change. Think about what you want to change, and exactly how you want to act when you face particular challenges. Then close your eyes and visualize yourself making those choices.

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Re: Sheva Yipol...

Posted by TryingToBeBetter - 06 May 2020 02:30

THUD! :-(

And I'm back to the bottom...AGAIN

But I'll keep trying...

As an aside, even though I fell after only 8 days (I've hit 33 before), i really would've fallen a lot earlier, if not for a lot of hard work...so I guess I'm getting somewhere...

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Re: Sheva Yipol...

Posted by Singularity - 06 May 2020 04:57

Dust yourself off and smash through!!!

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Re: Sheva Yipol...

Posted by TryingToBeBetter - 10 May 2020 01:52

once again, I only lasted a few days till another fall.

i feel like a piece of garbage that this keeps happening to me. (soory for the bad vibes, but I need to vent this somewhere...)

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Re: Sheva Yipol...

Posted by Singularity - 10 May 2020 04:06

Sorry to hear.

Healthy thing to do is just get up and keep on going. I know it's hard.

Maybe share a little more of your struggle?

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Re: Sheva Yipol...

Posted by TryingToBeBetter - 11 May 2020 17:44

FINALLY!

I have a win to share!

Last night I had a major taavah, but I held myself in check, just thinking that it was like having a perfect game and losing it in the bottom of the ninth...AND BH IT WORKED!!!!!!

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Re: Sheva Yipol...

Posted by DavidT - 11 May 2020 17:51

[TryingToBeBetter wrote on 11 May 2020 17:44:](#)

FINALLY!

I have a win to share!

Last night I had a major taavah, but I held myself in check, just thinking that it was like having a perfect game and losing it in the bottom of the ninth...AND BH IT WORKED!!!!!!

BH!!

Thank Hashem for giving you the strength for this win, and he'll give you much more going forward...

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Re: Sheva Yipol...

Posted by TryingToBeBetter - 30 Jun 2022 22:26

Gonna try doing this again...

It's been an up and down year, but i'm 2 weeks in...and hoping it continues!

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Re: Sheva Yipol...

Posted by ty645 - 03 Jul 2022 01:55

it's normal, don't give up!

every streak is a massive achievement and you are building yourself for the future .

keep going and your streaks will get longer

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