

Lets do this

Posted by yosef10 - 20 Apr 2020 00:26

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Day 2, going strong BH

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Re: Lets do this

Posted by Singularity - 13 May 2020 03:41

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Nice outlook, I'd just take it easy on myself, like major hashkofa changes usually don't stick and more or less would lead to me acting out when I get frustrated at all of it.

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Re: Lets do this

Posted by yosef10 - 13 May 2020 16:23

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@sing that's at really great point, for now it's really only been positive, but I definitely need to take small steps. If I go too far too fast then it will end up not being as successful then if I take it much more slowly.

Also just a side note, I really love the fact that you pretty much reply to everyone on every forum, don't know how you get it done, but to see you all over the place, and then see you again in my personal page... It really means a lot.

Just thought you should know the good your doing.

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Re: Lets do this

Posted by Hakolhevel - 13 May 2020 16:36

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Ditto. Nice to see sing around again.

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Re: Lets do this  
Posted by yosef10 - 15 May 2020 22:50

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In preparing for my session tomorrow I had a couple of insights about what is going on. One big key factor to it being "Easier" during this streak is def initaly because of the iPad (big factor). My mental energy tank isn't used up during the day, because even seemingly clean things, like Amazon can have triggering pictures of women. To be constantly (even if it's subconscious) fighting those little battles, my energy get used up unnesasarily and when it's time for a bigger fight, I have less juice in the tank that I could have. I think this is what my Rebbe means about technical success. This is also the time that I transition from the one week period to the weeks 2 and 3. These are the big boy battles, and now that this is the third time this kayetz zman since I'm committed to stopping, it's up to me to better prepare for what's coming up soon, and also so that it doesn't hit me so hard.

Keep eps your tank as full as possible.

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Re: Lets do this  
Posted by Singularity - 16 May 2020 20:17

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[yosef10 wrote on 13 May 2020 16:23:](#)

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aww thank you

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Re: Lets do this  
Posted by Hashem Help Me - 17 May 2020 16:51

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Keep up the good work! It is very normal during weeks 2 and 3 to experience some level of withdrawal. Don't let it create panic. It gets better. Ride the waves...

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Re: Lets do this  
Posted by yosef10 - 17 May 2020 18:03

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Weeks 2-3 here we goWhat a time to appreciate health. Friday night I had a really hard time breathing through my nose, which made sleep much much more difficult. I didn't end up singing zmiros Friday night in an attempt to get up on time the next day... But because of the breathing complications it was much more difficult. After a good meal, it seems like that through most of the day I was pushing off the opportunity to learn...

Even as I write this now I am doing the same, so maybe I have to push a bit more. I've been having more wet dreams and explicit thoughts lately' which are probably attributed to the 2-3 week period which is closing upon me. The time where I have fell multiple times before, but at the same time have learned multiple things. I'm confident that I can for now at least push to 19 days, which were my consistent streaks in Yeshiva, even though I feel it to start getting much more difficult. Hopefully a more consistent meditation schedule, and shiur schedule all together will help.

Being that it's more difficult, I'm gonna try to stick up to working on the iPad more, to keep that mental energy tank as full as possible. I have also found that at some times, writing in the GYE forums really helps, and so does writing here. Even though I may not have felt the full effects yet, and those are to come soon hopefully, I still have found it a great outlet to write down my thoughts and feelings.

It's a real battle, and it's going to continue to be. If I'm weary of certain thoughts or urges coming upon myself, moving to another room and taking s deep breath really helps. Right now I'm heading to day 12' and BEZH there is so much more good ahead of me. I just got to keep my head strait and remind myself of what I want... and maybe even more importantly why I want it.

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Re: Lets do this

Posted by yosef10 - 18 May 2020 17:41

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The started off ok, with waking up a bit late for shiur, which I want to get better at, and then just wasting time and chilling during chavrusa and shiur.... Not sure if this is good or bad.

But then as the day went on, and it was around pushing towards 230 I starting having urges to go watch porn and masterbate. I was in a situation for success because I only had my iPad next to me, and the only real thing I can do besides learn and zoom is go on GYE and fortify, which I did, and spent a lot of time on the forum. Since I knew I had an urge, I decided not to go on my computer for the time being, and eventually went to my room where it was still difficult. The fighting took a lot out of me, and I ended up napping until around 730 when my sister and brother inlaw came. From then on the day was really nice.

We had a catch across the yard, played guitar, ate pizza, it was a really great time and I enjoyed sister and brother inlaw company, which was the perfect thing to get my mind off of porn and reset all together. When I was outside, I forgot that I was struggling and just enjoyed the family time. This is a big point.... That sometimes I just need to reset, because I may not even in reality have the urge anymore.

I ended off the day with reading a couple of articles on GYE, and finally starting the fortify program which I have found to be very very foundational to my other long time streaks.

A few insights of the day:

I have to give up all of my struggles to Hashem, He is the one who created them after all, and for me to fight it head on would be me fighting Hashem head on. I just have to understand that I can only do this moment, that's all I have control over.

Every day is day one. Usually I wait for a streak to come to a halt to hit the reset button and see what I can do better. Now I realize I don't have to do that, every day can be day one. All though streaks can be very helpful in terms of tracking progress and it does definitely feel good to rack up days, that's not the ikur. For example, a day like yesterday, were a while ago I would have went strait to porn and masterbating after being depressed, yesterday I didn't. THATS HUGE. There was also even some sort of a different thought process, that me being upset doesn't mean I want to act out, and anyways it will just make me feel worse.

It's really cool to see these little progressions, and what I think is growing into a long lasting, change, created by step after step. I am really excited for what's in store, and especially exciting for tomorrow, cause what else should I (wouldn't make sense to worry about)... NOTHING.

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Re: Lets do this

Posted by yosef10 - 18 May 2020 23:53

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Not sure if I should make another topic for this, I guess we'll see where it goes... I'm curious about, to those who seem to know this well are SAA participants, what it really means "to surrender"?

So far, and again I'm no bukee so this may be waaaaay off, of what I have understood is that it the belief and understanding that it is Hashem who creates and controls everything, my thoughts/feelings/urges included. Since he is the driver, it is on,y He who can really bring me to a state in which I feel more comfortable (whether it be urges, stress, anxiety, etc.) and for me to push it off, or even to fight it head on will inevitably lead to a failed attempt at keeping my cool... Because in the end of the day who's gonna win... Me or my thoughts (which are brought on by Hashem). I therefore must accept the fact that, especially in a moment that I'm am struggling with any life experience, that it is Hashem who brought me here, and it is Hashem who can bring me out. Essentially in doing this, I am giving over the struggle to Hashem and putting it out of my hands and into his, because to do otherwise is truly nonsense.

The he result of these beleifs and thought processes eventually lead me to a place where I have no control, and whatever thoughts and feelings come in, come and go, and at that point, as there passing by, I shouldn't judge them as good or bad.

This is will bring me to being calm and more present.

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Again, I'm not sure if any of this really holds true, this is just really a compilation of my thoughts of what I have picked up from others who have went to SAA on GYE over the years... But I could be totally off.

If if there's anyone who can correct the flaws, or reset them all together, I would really appreciate that. To also hear of some exercises to do so when I'm in "that moment of struggle" I can use that tool to help me get by.

thanks to all

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Re: Lets do this

Posted by yosef10 - 19 May 2020 21:02

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I've definitely been feeling more symptoms lately. After being upstairs, from around the hours of 12-1 and 2-4 I have felt more of an inclination to watch porn and masterbate. I'm not sure if it's just in my head, but the urges seem a bit more strong than I was dealing with in previous days.

How did I respond.

I pretty much spent the entire day on GYE responding and giving answers to forums for my GYE brothers. I must have had about 5+ hours logged on between reading and responding. As I was doing this activity, I was able to, on the side, think about the feeling and watch it go up and go down... Until I eventually forgot about it altogether. That was pretty cool, what used to be me running either to porn right away, Amazon to distract myself, and now running to GYE and be able to at the same time of being in a safe place where I don't have to worry about opening a browser and cheating myself again (this work iPad can only access the websites zoom, fortify, and Gye). Instead I can be involved in my struggle, not deny that it's happening, feel the urges, but also not act out. I hope to make this a habit, that if I feel an urge coming, I go to GYE and type away on the forum.

Obviously another HUGE benefit is that while doing this, I also try to help others, and also get some advice myself. It seems like almost the best solution I've found during an urge that has worked. But of course I also set myself up for success, I haven't really gone on my laptop in a while, so no Amazon or models or anything like that, I have my taphsic in place, do the fortify program, locked my device to limited functions... Work and recovery (which is also work), and have been making my own personal change on life that every day is day one. Every day is a new day to reset, refresh, see what worked and what didn't work, and above all else... Keep moving forward.

I hope to continue with these philosophies even if I fall, because it won't really matter, at every moment I'll understand that I can only decide for now, so I better make a good decision. Long term commitments make me feel accomplished, but also add a bug burden... So if I plan on learning shas.. All I can do now is learn a half an amud.... If the plan is to raise a family, have a wife and treat her like a princess, then all I have to do now is work through recovery.... And maybe even learn a bit.

Because everything else is out of my control... So why bother?

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Re: Lets do this  
Posted by BHYY - 20 May 2020 04:14

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A Rosh Yeshiva once said, if you open a Bava Basra and keep checking how many Dapim you have left you're not going to finish. Open to Daf Beis and just learn.

One day at a time.

Keep it up! You inspire me!

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Re: Lets do this  
Posted by yosef10 - 20 May 2020 18:04

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GYE to the rescue!!!

After have no what I used to qualify as a difficult day.. Full of struggles and back and forth, turned into what I would now say is a more contains thought out decision process, where I have bechira to choose what I do at each moment. Just like yesterday, when I started to think about watching porn and masterbating... I went strait to the Gye forums and typed away. At the same time as this gave me something to focus on... I'm am not avoiding my motions, I am with them, experiencing them, and through the writing... Letting them pass.

I also ended up watching a tv show with a friend (via zoom), something I took the time to decide whether or not I wanted to do that, and decided that, because I felt good about where I am and where I am going, the social aspect and the entertainment can only do positive. I did see some things I didn't want to... But I was prepared and relaxed about it... It didn't trigger me as much, but we'll see how that goes for tomorrow, you never know.

I also had a lot of fun towards the end of the day playing guitar, since I felt I've been having a lot of screen time lately, I decided it was a good decision to take a couple of hours off from looking at the screen. Maybe I'll try to do the same thing a different day this week but also do some physical activity, so maybe I can push for that, (just gonna start with a mile so I don't feel pressured).

BH as of right now I'm into DAY 14, which has been my longest streak since I began to recommit. The feeling is much different than other streaks I've had, I don't feel as battle worn or

out of energy, and I think that's because of the iPad, forums, fortify, guitar, and my every day is the first day approach.

Side point: my rebbe gave me an Eitza for today, as it is yesod shebeyesod in the count of the omer. He said that I should think about ways that I can make falling not an option.... How, to the best of my ability, use my clever head (the same one that used to break through filters) and use it to make myself a foolproof plan... Something that will guarantee the best possible success, to use that plan, and fix it up each day in to something that helps me better.

I always have to try to remember why I'm doing this, what I'm fighting for. I want to have urges control me, I never feel good after, and most of all for my wife and kids.

Always good to remind myself.

I am battling but not battle worn.

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Re: Lets do this  
Posted by BHYY - 20 May 2020 23:30

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Wow. You have such resolve and write in such an open way it's amazing!

I love your "every day i the first day" approach. Decreasing screen time is definitely a good idea. I have to work on that myself...not easy when you're in college. But as a wise man once told me,

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Re: Lets do this  
Posted by yosef10 - 25 May 2020 04:07

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Haven't really posted in a while, so I'm going to sum up the past couple of days.

Wow are urges tempting, there is seemingly everyday at least once or a twice a raging urge to masterbate and watch pornography, sometimes I even got to the point of unzipping my pants



and underwear... But aside from basic sensation nothing really past that ( thinking about it now I should be more careful). Haven't been going on the Internet or using other devises other than the phone and iPad lately, so pretty much that, along with putting a filter on the wifi router itself, makes the whole process of watching another type of extra effort. After paying my first taphsic I kinda got the idea that I'm taking the money thing more seriously so that also helps, I also have been using the fortify program on a more consistent basis, but weirdly I haven't been meditating as much as I usually do.

Another 2 big changes are the ways I've dealt with urges in the moment. Surrendering my thoughts, feelings, urges to Hashem, and admitting to him that that which I desire isn't mine, and ask for him to help me get through whatever urge there is at the moment. Helping my brothers on GYE is also something I have taken to a whole other level. I've been responding and posting all over the place, hoping that maybe I can help soj,one else. Interestingly, I've come to realize that it's great for me as well, and I was mechaven to the 12th step of helping others. While I'm on Gye I can be with my thoughts, think them and talk them and write them out explicitly and not react in the way I used to. Instead I just move to the next post, and the next, and then eventually I have felt the urge pass.

The everyday is a first day motto is really something that keep the anxiety down. The only time and place I can effect and choose to react in is now. And just like on day one, regardless of what happened the day prior, I can still get my head strait, reset refresh, and see where I'm holding, I do the same everyday... This also takes off the stress of the 90 days that I hope to get to.... Every day is my first day, every day is one day.

### TODAY

Wow I got hit like a train!!! I have been feeling withdrawal symptoms lately, chest pain, acid reflux, minor headaches, weird bowel movements, slight cold, runny/stuffed nose... All related to my ibs and stress levels....and when I remind myself that it's because of the struggle, it makes me feel better that I know I am beemes really changing, and really getting better. BUT WOW, TODAY I WAS NOT EXPECTING WHAT HALOENED. I have felt it before, so I am aware of the feeling, but a strong wind of depressiion extremely sadness got me good. Possible triggers include, not enough sleep, stress about yeshiva learning, waking up late, napping on Shabbos, watching a Disney movie that included a lot of woman and singing with my sisters, thoughts about possible shidduchim and girls I have been interested in

I felt really lonely, and just sad... There was a voice telling me to masterbate and definitely to watch porn... Oh how that could have gone so south so fast. To feel a gaping whole with nothing and hoping it will be filled... WHAT A LET DOWN I WOULD HAVE HAD, probably, no definitely would have made me feel much worse. This feeling I haven't dealt with as much since the new medication, but dealing with it... I went through a bunch of fazes. Lying down on my bed, thinking, wrapping myself up in my blanket, looking at mementos of accomplishments in

my journey, but most,y just sitting there with the thought. After it stopped raging, it ebbed and flowed throughout the day... Through shiurim, through an ESPN special I watched, through he cheesecake I ate ( it did take a slight break during my family barbecue, connection is always a cure). Even now I still feel some of the residuals of that feeling. I told myself that it was ok to cry, ok to deal with whatever is ahead of me, and I was kind to myself... I was like a caretaker for myself, only wishing the best and taking myself off the edge little by little. I heard a study recently that said that a normal span of thought naturally can come and go, at most most for 90 seconds, it's just us that go,d onto it. It was all this knowledge, and resolve, that I used to let the feelings come and go... And even in some moments felt very proud of myself for how I dealt with saying hey "who says you have to be depressed anymore, that was all this morning but your past that, and you dealt with it like a champ".

This all gave me the chizuk to redo my taphsic, which ended last night, and Spending the rest of my day on GYE and fortify as I type now there is a feeling of happiness and growth... Wow how today hit me... And wow how today I HIT BACK, LET IT SLIDE, AND LET IT GO.

Speaking out my feelings and writing them up, wow, looking at everything I wrote now, it's really freeing... All I have now is now,candy today is day 1, just like tomorrow, so there's no pressure for urges, low level feeling, no fear of ANYTHING.

TODAY I SHOWED MYSELF HOW MUCH I HAVE GROWN FROM/IN/THROUGH THE PAST COUPLE YEARS, I'm not done with my struggle with this meeda of yesod, like all meedos we need contestant work and constant resolve to get better and continue, even when we, especially when we fall. But at the same time, I am beginning to see SOME KF THE REAL FRUIT OF MY LABOR, AND WOW AM I EXCITED.!!!!!!!

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