

Coronavirus Ideas

Posted by Off White - 22 Apr 2020 00:25

I can't go a full day without masturbating Before the coronavirus I could occupy myself by working but now that I'm stuck at home all day, the only thing I do is watch porn and yank. I do it at least twice a day, but usually more I know it's wrong but I don't know how to stop. What do I do?

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Re: Coronavirus Ideas

Posted by AnonyJew - 22 Apr 2020 02:03

Hey, new to the forums here. I think if you're trying to break free of the habit it's helpful to

a) commit not to do it via the 90-day challenge

b) get a sefer to give yourself chizuk daily by making a routine of reading 1 page/per day (The Garden of Purity by Rabbi Shalom Arush is a good one)

c) Get busy - Get your schedule filled with stuff to do. If you don't have work that can be done at home it's a great time to take up hobbies and learn things you've wanted to but didn't have the time for. Also a great time to create online chavrusa sessions.

If you're busy, committed and giving yourself daily chizuk I think it will make things easier. It has been working fairly well for me. Today is day 5 sober on a 90 day challenge!

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Re: Coronavirus Ideas

Posted by wilnevergiveup - 22 Apr 2020 11:07

Hey there, welcome to the forum. You are not alone, keep posting about your journey.

I just want to share with you some things that has been helpful for me.

You say "I know it's wrong but I don't know how to stop" Why do you feel it's wrong (besides for being an aveirah).

I assume you want to stop. Why? Try to figure out what's wrong with it for you and those should be the reasons for you.

Try to make short term goals like one day, then one week and so on.

Make goals with a plan on how to reach them, for example, "my goal is to stay clean today, I will be able to because I will install a filter, I will do something productive (work, exercise, learn, read... whatever) and when I get an urge I will distract myself by doing one of the above mentioned things.

I know it's not this simple but it definitely helps.

Say a short tefilah asking Hashem to help you on your journey.

Now try to do everything together. For example every night you can talk to Hashem (and it usually doesn't hurt to listen in), tell him how you feel about yourself, and your relationships. then tell him your goal for tomorrow and your plan and ask him to help you accomplish it.

You then have to say "G-D you created the world, you created lust and you created me. I know that I am powerless, and the outcome of my struggles are completely in your hands. The only thing that I can do and must do is try and never give up. Even if I fall I will not fail because I will get back up."

I don't know if this will help but it helps me get into the right frame of mind.

Hatzlachah!

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Re: Coronavirus Ideas

Posted by DavidT - 22 Apr 2020 12:50

[Off White wrote on 22 Apr 2020 00:25:](#)

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Here are some great ideas for keeping busy on these hard times

<https://guardyoureyes.com/forum/15-The-Torah-amp-Chizuk-Approach/348024-Ideas-to-combat-boredom-and-keep-strong>

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