

Fresh thoughts

Posted by Ihavestrength - 24 Apr 2020 01:41

Day 1: Hey all! Hope everyone is doing well during these crazy times. Today was the first day in my journey to 90 days, and I'm going to post everyday until 90 with G-d's help.

I've been on GYE for a while, with some breaks in between joining and now. Thankfully I've had a lot hatzlacha as a result of the help of many here and offline. This helped me stay "clean" for).

In any case, I learned a lot from GYE, and it helped me hugely. In fact, I even achieved my first 90 days on GYE!

In addition to GYE, I've used many different resources in my journey (therapy, friends, family, groups, and reading). My involvement with GYE occurred mostly in the beginning of my journey, but there have been times where I tried to be active here again because I felt it may help me. Those attempts at revival were not very successful and I often felt like I had outgrown GYE. I always posted on my old thread and I think that contributed to making it difficult to start fresh; hence this new topic.

some very long periods of time, and some short periods as well (which is why I'm here now

In any case, sorry for the ramble. If for some odd reason you'd like to check out my old thread, you can do so here: <https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/305558-Journey-of-one-day-at-a-time>

Thanks for reading if you made it this far. Hopefully I'll get to know some of you over these 90 days and I'll actually stick around this time.

G-d bless!

=====
=====

Re: Fresh thoughts

Posted by Markz - 03 Aug 2020 03:34

Amazing stuff. Those were very helpful points shared!

Just one comment, people are gonna read your next thread and lose sight of this one. Why not stay on the straight path as this one is.

=====

=====

Re: Fresh thoughts

Posted by Realestatemogul - 04 Aug 2020 03:38

Keep up the great work!!

Those are superb points! You are really fortunate that were able to accomplish all those steps, and no doubt you are a better person for it!

=====

=====

Re: Fresh thoughts

Posted by Ihavestrength - 04 Aug 2020 03:43

Days 91-92: Due to me being too lazy to start another thread, I'm going to keep posting here Bezh. I think I'll still count the days for a while. My next goal for now is 120 days. The goal isn't really the number as much as it is this: Can I stay focused on growing during this time, not just focused on not doing something? Can my focus in growing in this area continue to help my growth in my broader life generally? Honestly, not really sure if It's clear what I'm trying to say. Don't really have the right words.

I'll blame my incoherence on my exhaustion I guess. Speaking of which... Time for bed. Have an awesome night people!

=====

=====

Re: Fresh thoughts

Posted by Ihavestrength - 05 Aug 2020 04:40

Day 93: Got an app to mark off days now that I've finished marking up the 90 day calendar from GYE. It helps me to think in terms of weeks and marking days off seems to help me. Ok, got alot going on tommorow so definitely need some sleep. Gosh, I am very bad at sleep. Have a great night!

=====

=====

Re: Fresh thoughts

Posted by Ihavestrength - 06 Aug 2020 04:06

Day 94: Had a good day BH. After I wrote the previous sentence I started questioning the statement, because my day wasn't exactly all strawberries and whipped cream. I guess I mean

It's

amazing how as I get older, experience different things, I really can gain new perspectives on things. Truer perspectives. Or perhaps just a perspective that I never realized or knew. These new perspectives (which came about as a result of experiences Hashem led me to) even can effect the way I feel about things. Like when I come to truly believe something different, not from reading the idea in a book, but experiencing something, it changes the way I feel about something obviously.

BTW, not talking about this sugya at all. I would like to give an example, but not sure if I can do that without compromising my privacy too much. Also, I don't have the exact words to explain how my perspective shifted along with my feelings. Ok, if you were able to follow that vagueness and it made even the remotest sense to you, then you probably are pretty awesome and should get a job reading confusing prose.

Time for bed for me. I wish I got 8 hours of sleep a night. It doesn't seem like I actually know how to do that though. Only time I actually can do that is shabbos. Thank God for shabbos. Ok, nuff said. Have a great night!

=====

=====

that there was a lot of brachos in the day, in my life. So ye, trying to be positive I guess

Re: Fresh thoughts

Posted by Ihavestrength - 07 Aug 2020 03:16

Day 95: Tired, overwhelmed and exhausted. They don't tell you how hard shidduchim can be. You live and you learn. Sometimes I wonder, do I really have the strength to meet the challenges that Hashem gives me? I feel like I don't have strength for so many things in my life. I guess the answer is that I do have the strength I need, just maybe not for the things I think I need to do. If that makes no sense at all that is because I am beyond exhausted. I pray that I sleep well tonight. Talk about putting pressure on sleeping. Anyways, have a great night!

=====

=====

Re: Fresh thoughts

Posted by Ihavestrength - 09 Aug 2020 05:01

Days 96 & 97: Just checking in here. Googled something innocuous and without bad intentions but something came up and I took a look. Luckily caught myself quickly. I had a pretty strong reaction though. Objectively speaking it wasn't even a very sexual image, but as some of the longer streakers know, if you've been a while without looking, you can have an especially strong reaction, even to "minor" triggers. Especially when you let yourself look and are "lusting". Anyways, BH, didn't go further than that. But it definitely was like wow, OK, haven't had one of those moments in a while. Honestly, it's very tempting in those moments to take that strong reaction I'm feeling and let myself try and pretend I'm getting swept away. It's tempting to start thinking about the reaction and saying, wow, see how powerful this is, there is no way this is going away, no way you can fight this feeling etc. But it's actually BS. It's just that if I keep holding on to the experience, keep dwelling on it etc, then ya, I may make it impossible for myself to resist. But if instead, I don't pretend to "Fight" the thought, which is actually a really clever way for me to actually give in, I just let it go, I'm OK, BH.

I think sometimes in the past my ego got in the way of me letting go after a slip or if I was exposed to something triggering. I thought, oh look what I did, I'm not perfect etc. To somehow try and fix the fact that I screwed up I would try and fight what had happened reject it, etc. Really that was a recipe for failing.

Anyways, not sure what I'm saying really. Just rambling if I'm honest. But, BH, I haven't even had a tough moment such as tonight. I sort of hesitate to even call it a tough moment, cause it's triggering. But whatever. Basically Hashem has been making it sort of easy for me maybe. So I guess I am grateful that up until now it's been relatively smooth with triggers even if life itself was difficult. It's funny, winning the battle here is like winning an argument. Only way to do that

I wonder if me not having my medication today played a role in making me more vulnerable. Hmm... not sure. Just a thought.

Ok, sorry for the lengthy analysis, have an awesome week and keep on trucking! Gut voch and Shavua tov!

=====

Re: Fresh thoughts

Posted by Meyer M. - 09 Aug 2020 05:39

[lhavestrength wrote on 09 Aug 2020 05:01:](#)

Days 96 & 97: Just checking in here. Googled something innocuous and without bad intentions but something came up and I took a look. Luckily caught myself quickly. I had a pretty strong reaction though. Objectively speaking it wasn't even a very sexual image, but as some of the longer streakers know, if you've been a while without looking, you can have an especially strong reaction, even to "minor" triggers. Especially when you let yourself look and are "lusting". Anyways, BH, didn't go further than that. But it definitely was like wow, OK, haven't had one of those moments in a while. Honestly, it's very tempting in those moments to take that strong reaction I'm feeling and let myself try and pretend I'm getting swept away. It's tempting to start thinking about the reaction and saying, wow, see how powerful this is, there is no way this is going away, no way you can fight this feeling etc. But it's actually BS. It's just that if I keep holding on to the experience, keep dwelling on it etc, then ya, I may make it impossible for myself to resist. But if instead, I don't pretend to "Fight" the thought, which is actually a really clever way for me to actually give in, I just let it go, I'm OK, BH.

I think sometimes in the past my ego got in the way of me letting go after a slip or if I was exposed to something triggering. I thought, oh look what I did, I'm not perfect etc. To somehow try and fix the fact that I screwed up I would try and fight what had happened reject it, etc. Really that was a recipe for failing.

Anyways, not sure what I'm saying really. Just rambling if I'm honest. But, BH, I haven't even had a tough moment such as tonight. I sort of hesitate to even call it a tough moment, cause it's triggering. But whatever. Basically Hashem has been making it sort of easy for me maybe. So I guess I am grateful that up until now it's been relatively smooth with triggers even if life itself was difficult. It's funny, winning the battle here is like winning an argument. Only way to do that

I wonder if me not having my medication today played a role in making me more vulnerable.
Is by not actually arguing.
Hmm... not sure. Just a thought.

Ok, sorry for the lengthy analysis, have an awesome week and keep on trucking! Gut voch and Shavua tov!

keep us posted, we are reading through your thread even if we are not replying and you are giving a lot of chizuk.

=====
=====

Re: Fresh thoughts
Posted by Meyer M. - 09 Aug 2020 05:41

=====
=====

Re: Fresh thoughts
Posted by Ihavestrength - 10 Aug 2020 04:08

Day 98: Good day today BH. Took my medication today. Not gonna screw around with taking the day off again. The positive spin is that taking a day off reminded me how it is helping me. Anyways, didn't watch the boost yet today. Will catch up tomorrow iyh. Big day tomorrow, so
Have an awesome night y'all!

=====
=====

Re: Fresh thoughts
Posted by Meyer M. - 10 Aug 2020 05:30

[Ihavestrength wrote on 08 Jul 2020 03:46:](#)

Day 65: Thank you Hashem for my father! In a relatively short span of time our relationship has become so strong and open. It's pretty awesome and is a huge chessed. He's aware of my history and work in this area, but I'm not actually referring to this area when I mention that I'm able to speak so openly with him. I'm in the "parsha" and am going through some things that are difficult for me. To be able to speak, without worrying that I'll be judged or looked down at is a bracha. Ok, I think I've said my point in seven different ways already. Time for bed. Have a great night everybody!

Keep it up, looking to see success from you!!!

=====

Re: Fresh thoughts

Posted by Ihavestrength - 11 Aug 2020 02:15

[Meyer M. wrote on 10 Aug 2020 05:30:](#)

[Ihavestrength wrote on 08 Jul 2020 03:46:](#)

Day 65: Thank you Hashem for my father! In a relatively short span of time our relationship has become so strong and open. It's pretty awesome and is a huge chessed. He's aware of my history and work in this area, but I'm not actually referring to this area when I mention that I'm able to speak so openly with him. I'm in the "parsha" and am going through some things that are difficult for me. To be able to speak, without worrying that I'll be judged or looked down at is a bracha. Ok, I think I've said my point in seven different ways already. Time for bed. Have a great night everybody!

Keep it up, looking to see success from you!!!

Hehe, JK, thnx!

=====

Re: Fresh thoughts

Posted by Ihavestrength - 11 Aug 2020 02:30

Day 99: Good day today BH. I have a question relating to shidduchim that is troubling me. I think I will ask a Rav/Mashpia. I want to know what daas Torah says the correct thing to do is. There is one difficulty with asking the question though. Few people have the time to listen to a long story. The question is about this long story. So, I'm going to need to give an abbreviated version of the story. Therefore, it's going to be hard to trust that the answer is given knowing the full situation which would weaken my confidence that the answer is the correct approach. I suppose the solution is to write a abbreviated but good summary including all the important details. Ok, sorry for that weird and random post. Have a great night!

=====

=====

Re: Fresh thoughts

Posted by Meyer M. - 11 Aug 2020 04:18

[Ihavestrength wrote on 11 Aug 2020 02:30:](#)

Day 99: Good day today BH. I have a question relating to shidduchim that is troubling me. I think I will ask a Rav/Mashpia. I want to know what daas Torah says the correct thing to do is. There is one difficulty with asking the question though. Few people have the time to listen to a long story. The question is about this long story. So, I'm going to need to give an abbreviated version of the story. Therefore, it's going to be hard to trust that the answer is given knowing the full situation which would weaken my confidence that the answer is the correct approach. I suppose the solution is to write a abbreviated but good summary including all the important details. Ok, sorry for that weird and random post. Have a great night!

Give the full story to your rav, don't break it down, they generally will listen. Unless you're talking about a really long version (I would say over an hour?) Just make sure they are free at the moment.

=====

=====