

I will try knowing the habitual years of failure  
Posted by optimisim - 12 May 2020 03:55

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Okay. I want to try this just like everyone else is. Usually after a couple of days I fall. I say I will be consistent but.... tonight I really fell. Didn't think that it would happen I have no clue what came over me. Chevra imh day 1 starts midnight.

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Re: I will try knowing the habitual years of failure  
Posted by Meyer M. - 12 May 2020 04:07

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Go for it!! Cant wait to hear more from you

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Re: I will try knowing the habitual years of failure  
Posted by Singularity - 12 May 2020 07:11

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[optimisim wrote on 12 May 2020 03:55:](#)

Okay. I want to try this just like everyone else is. Usually after a couple of days I fall. I say I will be consistent but.... tonight I really fell. Didn't think that it would happen I have no clue what came over me. Chevra imh day 1 starts midnight.

as long as you don't sneak in a quick fall before midnight!!

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Re: I will try knowing the habitual years of failure  
Posted by optimisim - 14 May 2020 21:48

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Ok Chevra I fell the first day:scream: needed to start again

I am not those cool guys on gye that just seem to fly to day 67 and still going. Real baby steps. Now I am on day 2 of being clean. Wife turned Niddah. Darn. Felt good when tempted to click on site showing women (dressed) to say "I dont need this " Hope I will continue...

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Re: I will try knowing the habitual years of failure  
Posted by sleepy - 14 May 2020 22:23

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there are no cool guys on gye who fly to day 67 (unless they started their count at 67 illegally)

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Re: I will try knowing the habitual years of failure  
Posted by trying613 - 14 May 2020 22:45

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Bro! All of us have struggled really hard... there were many times when I fell after a few days clean . Keep fighting, even if you can't see the light at the end of the tunnel yet. You WILL get there!

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Re: I will try knowing the habitual years of failure  
Posted by #makelifegreatagain - 15 May 2020 01:16

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I've had times where I've gone 2 weeks without even thinking about it, and then I've had times where where I struggle to go a few days. It's a process. The important thing is to never give up!!

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Re: I will try knowing the habitual years of failure  
Posted by Singularity - 15 May 2020 03:48

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Aw man I wanna be one of the cool guysss....

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Re: I will try knowing the habitual years of failure  
Posted by wilnevergiveup - 15 May 2020 04:43

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[optomisim wrote on 14 May 2020 21:48:](#)

Ok Chevra I fell the first day:scream: needed to start again

I am not those cool guys on gye that just seem to fly to day 67 and still going. Real baby steps.

That's the only way... No one here knows how to fly, most of us are still learning how to crawl.

Take it one day at a time and be proud of yourself for taking this step, the beginning of a long and hopefully successful journey.

Hatzlachah.

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Re: I will try knowing the habitual years of failure  
Posted by optomisim - 15 May 2020 23:02

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Chevra what do i do? Starting to get those feelings... They become stonger day 3 want to give up. Help. feel soweak

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Re: I will try knowing the habitual years of failure  
Posted by Singularity - 16 May 2020 20:14

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squeak.

Learn some new tools! Shop around on the GYE express!

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Re: I will try knowing the habitual years of failure  
Posted by optimisim - 17 May 2020 01:59

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I won't lie. I fell and I masturbated on day 4 now I'm back on day 1. however many of you might not agree with me on this but I plan on keeping 2 logs. N1 for no porn 2 no masturbation because if I do n't do this I'm afraid I'm just going to give up. On the bright side of things this past Friday I was really turned on and wanted to look at porn but controlled myself. I would appreciate if a struggler that sees that they fall as quickly as myself give me a couple of tips. Shavua tov chevra.

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Re: I will try knowing the habitual years of failure  
Posted by Singularity - 17 May 2020 04:04

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Sorry to hear. Tho I feel like splitting the concern of porn and masturbation is like thinking I can cut my heart in half and both halves will work independently. They're too ultimately intertwined and that's just the sucky reality of it. I also tried doing it and it just drove me crazier (if that's possible). Lust is the issue here I believe. Don't worry, it's okay to give up, just give it to God,

I, as a struggler who falls frequently, have just passed over this information. It has been verified by SSL and is on <https>

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Re: I will try knowing the habitual years of failure

Posted by starting - 17 May 2020 07:30

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I plan on keeping 2 logs. N1 for no porn 2 no masturbation because if I do n't do this I'm afraid I'm just going to give up. On the bright side of things this past Friday I was really turned on and wanted to look at porn but controlled myself. I would appreciate if a struggler that sees that they fall as quickly as myself give me a couple of tips. Shavua tov chevra.

I tried this several times. Found that after a fall on porn it's practically impossible to do more than a short streak without a fall of m

Good luck but don't count on it

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Re: I will try knowing the habitual years of failure

Posted by Hashem Help Me - 17 May 2020 16:33

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I won't lie. I fell and I masturbated on day 4 now I'm back on day 1. however many of you might not agree with me on this but I plan on keeping 2 logs. N1 for no porn 2 no masturbation because if I do n't do this I'm afraid I'm just going to give up. On the bright side of things this past Friday I was really turned on and wanted to look at porn but controlled myself. I would appreciate if a struggler that sees that they fall as quickly as myself give me a couple of tips. Shavua tov chevra. Excellent idea to keep two logs. Pornography is much more damaging long term to life and healthy marriage. (I am not discussing the aveira component - masturbation is a serious aveira, I am just responding to your two log approach) For people that are not true sex addicts, it can be very beneficial to deal with pornography and masturbation separately. Refraining from watching pornography gives one time to rewire the brain about sexuality. To learn that it is a koach Hashem put into this world to use to unite and to give. It is not a selfish force for pleasure seeking. Your spouse is not going to be a kosher masturbating tool, a toy, or object of pleasure. Watching pornography even infrequently, sears images onto the brain that reinforce this horrible corruption of sexuality. There is a lot written about this on other threads....

Some guys have not learned how to self soothe, or in general deal with stress, boredom, frustration, loneliness, etc. and masturbate to escape those feelings. This is a different issue

than the pornography issue.

Iyh as you stay clean from pornography, and successfully navigate the withdrawal (don't get fazed by it or by wet dreams...), also learn other techniques to relieve stress etc. Exercise, fresh air, good reading material, good friends to share disappointments with, and reaching out to successful GYE chevra can all iyh help you drop the masturbating habit. Hatzlocha on all fronts buddy!

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