

Hayom Yom

Posted by BHYY - 13 May 2020 03:20

Hayom Yom Rishon...

I'm not so great at writing all this out but you have to start somewhere. I've been struggling with watching and masturbating for years. B"H over the past couple of years I've made major improvement by speaking with a close Rebbe, chashuve members of GYE, and seeing a therapist. But I still have never made it to 90 days.

Today I start my journey to 90 and beyond.

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Re: Hayom Yom

Posted by BHYY - 21 Jan 2021 15:40

I feel amazing. Those following my thread know that shidduchim really throw me on an emotional rollercoaster and in the past I've had trouble feeling b'simcha for my friends when they got engaged and married. Well today is different. Since I really started working on myself something changed. My really close friend has been dating and is going seriously with someone. Whenever he tells me he has a date and I know the shidduch is still 'on' I don't despair anymore. I'm actually happy for him! I'm just waiting to hear the good news from him! I mamish feel it in my heart!

No matter that he is younger than me, he recently started dating where I've been dating for over a year, he even asked me advice as he was the "newbie". No matter. I'm not jealous. The clarity in my head is absolutely indescribable.

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Re: Hayom Yom

Posted by Grant400 - 21 Jan 2021 15:57

[BHYY wrote on 21 Jan 2021 15:40:](#)

I feel amazing. Those following my thread know that shidduchim really throw me on an emotional rollercoaster and in the past I've had trouble feeling b'simcha for my friends when they got engaged and married. Well today is different. Since I really started working on myself something changed. My really close friend has been dating and is going seriously with

someone. Whenever he tells me he has a date and I know the shidduch is still 'on' I don't despair anymore. I'm actually happy for him! I'm just waiting to hear the good news from him! I mamish feel it in my heart!

No matter that he is younger than me, he recently started dating where I've been dating for over a year, he even asked me advice as he was the "newbie". No matter. I'm not jealous. The clarity in my head is absolutely indescribable.

These are the words of a real man.

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Re: Hayom Yom

Posted by BHYY - 21 Jan 2021 18:32

I'm heading home for Shabbos soon. Another challenge. Bez"H I will succeed but I have to be very careful. I'm not going to lie, I'm scared. Scared but hopeful. One isn't supposed to ask for Nisyonos as we learned from Dovid HaMelech but I guess I have no choice here...

As DavidT stated, I need to Daven. I will also not even touch an unfiltered device. And finally I will post here at least once a day to update on my status.

Thank you all for your chizuk, you all helped me get through last Shabbos clean and bez"H this Shabbos as well.

Just gotta remember

Today! Damn it! Today!

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Re: Hayom Yom

Posted by Hashem Help Me - 21 Jan 2021 21:39

Don't be scared; just be prepared!

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Re: Hayom Yom

Posted by BHYY - 22 Jan 2021 17:08

11 days clean. I'm home now.

Baruch Hashem all is going well.

I just want to reiterate my post from Sunday, Rabosai thank you for getting me out of Makas Choshech and welcoming me to the "club". The purest, friendliest, most welcoming club of Yidden.

Have a wonderful Shabbos!

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Re: Hayom Yom

Posted by BHYY - 24 Jan 2021 04:52

Baruch Hashem Shabbos was very nice and I am still clean.

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Re: Hayom Yom

Posted by BHYY - 25 Jan 2021 04:35

2 weeks clean...Hodu L'Hashem Ki Tov!

I had a date tonight and for the first time I felt a confidence I never experienced before. Sure there was the anxiety and jitters and all the normal feelings before a date but there was something else. Not a major thing but a subtle difference, a confidence that I am changing directions and with HaKadosh Baruch Hu's continued help, and support from the amazing chevra here, I will be successful.

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Re: Hayom Yom

Posted by ??? ????? ????? ??? - 26 Jan 2021 03:23

[BHYY wrote on 25 Jan 2021 04:35:](#)

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What a great feeling to report. Working on these issues has a spillover effect on other parts of our lives. I'm happy for you!

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Re: Hayom Yom

Posted by BHYY - 28 Jan 2021 18:04

17 days clean b'chasdei Hashem.

Please help me stay accountable as I go home for Shabbos. As usual, firstly I will Daven. I will not touch any unfiltered device and I will post here once a day to check in.

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Re: Hayom Yom

Posted by #makelifegreatagain - 28 Jan 2021 18:17

That sounds a great plan. Have a great shabbos!

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Re: Hayom Yom

Posted by BHYY - 29 Jan 2021 20:25

Keeping strong and staying clean!

Will check in after Shabbos. Have a wonderful Shabbos everyone!

I'm home...and just got dumped

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Re: Hayom Yom

Posted by BHYY - 31 Jan 2021 04:26

Ah Gut Voch everyone.

Shabbos was nice, I was definitely more down after Friday and the emptiness and loneliness in the house was definitely more pronounced.

Had some weird dreams last night and one wet dream so I woke up at 4:00am in that situation...not fun.

As HHM says, that's a good sign because it means the nefesh hasichli has made a conscious decision to not masturbate anymore and the nefesh habihami is getting its fix other ways.

Back to Yeshiva tomorrow and sweet routine. Have to get back on the horse and move forward with shidduchim... I don't think it's burnout because I want to go out again I just can't do first and second dates anymore...I hate smalltalk! Oh well... There's only one way to get married (at least in my Litvish circles...)

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Re: Hayom Yom

Posted by BHYY - 31 Jan 2021 16:47

I want to watch porn.

I want to masturbate.

Right now.

But I won't.

Because I want to have a healthy life. I want to get married and treat my wife as a person, and

have the headspace to be there for her emotionally. I want to have a kosher, happy, fulfilling marriage.

I won't give in. Even though the urge is strong. Even though I am bored and restless. Doing monotonous tasks for hours on end today... College classes and then coursework...

Even though I'm pretty depressed on how shidduchim have been for me lately.

I will stay clean.

I'm sure I'll be back...

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Re: Hayom Yom

Posted by DeterminedtoWin - 31 Jan 2021 16:59

BHYY your awesome! I love how you are able to see and share so clearly what you are going through and what you truly want. In this zchus, may Hashem answer all your tefilos b'karov mammesh!

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