

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 - 04 Feb 2021 15:45

I have come down with a severe case of shidduch depression.

I'm so down. Of course because of this I didn't sleep well last night so that doesn't help things.

It's so hard! Going through this for so long and not getting anywhere. How many times can a person have a door slammed in their face? How many no's can you take after all the effort? How much until you break???

Do the research, plan the date, go out, maybe even go out a few more times and eventually get a no right when I start to see it going somewhere. How much rejection do I need to take??

Why is this so hard? Why so much pain? Why do I need to feel so helpless? Since I've given up porn and masturbation, and secular books and media for that matter, I have no escape; I'm forced to face the pain head on. I'm so depressed..... I feel so eh. I've been trying for so long and now I've put in this tremendous effort to keep my eyes and neshama clean so I can have a happy, healthy, fulfilling marriage. But I just keep getting thrown down.

I just feel like I can't take it anymore.

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Re: Hayom Yom

Posted by DeterminedtoWin - 04 Feb 2021 16:24

BHYY, I feel your pain. No words, no eitzos. Just wanted to let you know that I read your post and feel your pain. Hashem should grant you with the strength to pull through this super difficult nisayon and find the right one who will be machshiv you and will want you as her husband bkarov mammesh!

We're with you,

DTW

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Re: Hayom Yom

Posted by DavidT - 04 Feb 2021 16:44

[BHYY wrote on 04 Feb 2021 15:45:](#)

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We have no idea on the nachas ruach that you are giving to Hashem with your amazing avodah! We all feel your pain and we are praying for you that Hashem should help you find your bashert very very soon and you should have a very happy & healthy life!

?There will come a time when you'll look back and say "wow! how was I able to overcome these challenges" and Hashem will say "I'm amazed as well!!!" see below...

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Re: Hayom Yom
Posted by Striving to be good - 04 Feb 2021 20:35

, I will Daven that Hashem give me the koach to stay clean, my gedarim should work, and I shouldn't have such hard nisyonos.

Yes! That's the key after all the ????? and ideas. Continue to daven and continue to update us!

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Re: Hayom Yom
Posted by BHYY - 05 Feb 2021 20:12

B"H all is good. I'm home and clean.

Have a great Shabbos everyone!

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Re: Hayom Yom
Posted by BHYY - 07 Feb 2021 05:03

I'm back in Yeshiva. Clean.

But still depressed about shidduchim...

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Re: Hayom Yom

Posted by BHYY - 07 Feb 2021 21:07

So stressed...

Just finished the super long class and things just aren't working. So stressful.

And yet, much as I want to, I know that masturbating won't actually release my stress. It will numb it for a few seconds and then I'll be even more miserable.

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Re: Hayom Yom

Posted by Sapy - 08 Feb 2021 01:09

You better stick it out one more day so you reach "??", you can use some it sounds...

Keep strong buddy, and I'm sure we will all get free service from whatever your learning there....

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Re: Hayom Yom

Posted by BHYY - 08 Feb 2021 19:33

Thanks Sapy.

Baruch Hashem I have made it to 28 and yes, HaKadosh Baruch Hu has given me an injection of Koach.

I had a very refreshing night Seder last night and started a shiur series on Shaar HaBitachon. It's time to put more faith in Him than in Shadchanim and "the system".

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Re: Hayom Yom

Posted by BHYY - 10 Feb 2021 00:20

Baruch Shechianu V'kimanu Lazman Hazeh!

1 month clean!

Wow, this is the longest I have ever gone. 30 days of taking it one day at a time. I definitely feel like I'm building up those muscles, that this not a part of me, I don't need it and I don't do it. Of course I can't let my guard down for a second and think that just because I have 30 days I'm out of the woods.

I will note that I think my recent bouts of depression are due to withdrawal. As you can see from my posts lately I've been getting very down and even when I pull myself out of it, I'll feel depressed again the next day. It makes sense, it has been 30 days since I last masturbated or looked at pornography. My body and brain are still craving the rush of dopamine. Hodu L'Hashem! I feel down psychologically, perhaps even physiologically (been having a lot of headaches lately) but I know that is just part of rewiring my brain and I know in the long run I will get much more happiness and pleasure out of life if I just weather through these uncomfortable days of withdrawal.

"The Battle of our Generation" points out that when we masturbate we are flooding our brains with dopamine, to a point that it is so much that we begin killing off the receptors. The result is that it takes more to give us pleasure (we start looking for more intense porn etc). The opposite is happening to me. Slowly I'm regenerating those receptors and, without flooding them, regular things in life should give me much more simcha. Like I said, Hodu L'Hashem!

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Re: Hayom Yom

Posted by DavidT - 10 Feb 2021 01:48

Hodu L'Hashem for giving gye such a special member named BHYY !

you are a true inspiration for me and many more!

keep it up!

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Re: Hayom Yom

Posted by BHYY - 11 Feb 2021 14:04

Thank you all!

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Re: Hayom Yom

feel so loved
Posted by starting - 11 Feb 2021 16:05

Warning: Spoiler!

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Re: Hayom Yom

Posted by BHYY - 12 Feb 2021 05:31

I'm home now, gotta keep accountable.

I will not touch an unfiltered device. And, of course, Daven that He help me and continue to give me strength.

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