

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 ??? ???? ???? ??? - 15 Feb 2021 01:49

I can so relate to those urges, BHYY. Just sitting there, bored, mind wandering... and wandering... and wandering to not good places.

Your determination and success is nothing short of herculean. Way to go!

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Re: Hayom Yom

Posted by Bigmoish - 15 Feb 2021 04:18

[BHYY wrote on 15 Feb 2021 00:26:](#)

Still clean. I pulled through. I did some chessed in the afternoon which was enjoyable and got

Phew. If they didn't, I would be concerned...

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Re: Hayom Yom

Posted by BHYY - 18 Feb 2021 14:48

Thank you Hashem for my bad eyes. Thank you for my nearsightedness.

I had to fly yesterday and airports/airplanes are **extremely** triggering. When I got to my seat and everyone started tuning to G-d knows what on the inflight entertainment (the screen of the person sitting in front of me what clearly visible and a "Viewer Discretion - Adult Content"

) I flipped my glasses onto my forehead and let Hashem blur the outside world. I can honestly say with regard to my bad eyes and the struggles I face, Niflaos Haborei.

It helped me 90% but I'm *still* super triggered from the other 10% (kinda need to see in order to walk). Not going to give in. This isn't something I need. 38 days in and I know this is the only way to live.

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Re: Hayom Yom

Posted by Hashem Help Me - 18 Feb 2021 15:51

You are a hero!

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Re: Hayom Yom

warning came on
Posted by Grant400 - 18 Feb 2021 21:27

Bravo!

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Re: Hayom Yom

Posted by BHYY - 19 Feb 2021 20:30

I hate supermarkets, especially Jewish ones.

If there is someone dressed tznius that is attractive then I can do what HHM suggests - she's someone's wife, mother, sister. A person with bills to pay and her own problems. I hope she has a nice day and a good Shabbos. But someone who dresses provocatively I cannot. I despise you because you put me through Hell.

Had to get those thoughts out.....

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Re: Hayom Yom

Posted by happyid - 21 Feb 2021 03:26

[BHYY wrote on 19 Feb 2021 20:30:](#)

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Had to get those thoughts out.....

I totally relate to that. I cant stand those 'frum' women that dress that way. Sometimes I want to yell at them 'what are you doing?! Why are you making it so hard for us?'

Personally I get turned on quicker from the frum women that dress like that, than the non jewish women even those who are only partially dressed.

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Re: Hayom Yom

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Personally I get turned on quicker from the frum women that dress like that, than the non jewish women even those who are only partially dressed.

Yes...it's a huge trigger for me.

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Re: Hayom Yom

Posted by BHYY - 21 Feb 2021 04:08

I had MASSIVE urges Motzei Shabbos...just wanted to masturbate. Porn also. I couldn't shake the feeling. Even the logical "you'll feel worse in the long run" wasn't working. In my mind, nu so you'll feel lousy but then this streak will be broken so you'll be able to do it again, and again, and again. Won't that be great?? Somehow, it still just wasn't an option for me to fall. I gave it everything I had and persevered through.

I'm spent. My body realized that I'm not giving in and threw a full on bout of withdrawal to me. My head feels like it stuffed with cotton. I feel like I can't move. Time for bed. I should be jumping for joy with happiness and proud of myself but I just feel the withdrawal. Oh well. At least I identified the feelings and know that they are just that, feelings.

It's so hard and so painful and yet I know it is something I must do. I have to go through this if I am going to have a geshmak life.

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Re: Hayom Yom

Posted by YeshivaGuy - 21 Feb 2021 04:13

[BHYY wrote on 21 Feb 2021 04:08:](#)

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Hey, so I was contemplating being nichshal now...

I see u overcame it so fine, I won't give in either.

Gn bud

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Re: Hayom Yom

Posted by BHYY - 21 Feb 2021 04:19

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Re: Hayom Yom

Posted by BHYY - 21 Feb 2021 14:19

Urges...want to act out...want to watch porn.

When I say no the depression sets in...

That's life. The YH never stops. Gotta stay strong.

Now there's something worth jumping for joy
Have a productive day all!

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Re: Hayom Yom

Posted by Captain - 21 Feb 2021 14:20

[BHYY wrote on 21 Feb 2021 04:19:](#)

[YeshivaGuy wrote on 21 Feb 2021 04:13:](#)

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Lol I often feel like that. If I get someone else to do something good it feels like I actually did something good, but if I do something good myself it's much harder to feel good about it. (Has to do with an attitude I developed when younger in yeshiva. I have been working for years on curing myself and have met slow but good progress BH.)

Last night you were overwhelmed after your exertion to overcome your yetzer hora, but today you can look back and say "wow! I can't believe what I was able to do with Hashem's help!"

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Re: Hayom Yom

Posted by BHYY - 21 Feb 2021 14:58

It's not always that the news helps depression but I saw this article and immediately felt better.

<https://www.theyeshivaworld.com/news/featured/1949808/kiddush-hashem-rockland-chaveirim-warm-up-firefighters-at-massive-monsey-fire-videos-photos.html>

I am so proud to be a yid. To be part of the same nation of givers as these volunteers. That story made me feel warm and happy.

I feel so bad for the owner of the store but I hope he can get through the next few months and hopefully get a big insurance check to build a bigger and better store.

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