

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 Zedj - 08 Mar 2021 23:46

We gotta recognize our accomplishments!

The past is the past we cant change it but the future is in our hands.

As you said,

Beating ourselves up in my limited understanding doesn't help anyone..and almost certainly not now when we have to focus on working on ourselves. It would be detrimental to our goals.

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Re: Hayom Yom

Posted by Hashem Help Me - 09 Mar 2021 12:27

BHYY, read through your thread. It is full of gadlus. Your wife will iyh be one fortunate woman. And, maybe drop all those courses you kvetch about. I hereby grant you a degree in psychology.....

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Re: Hayom Yom

Posted by BHYY - 09 Mar 2021 17:31

[Hashem Help Me wrote on 09 Mar 2021 12:27:](#)

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Thank you!

Please send to my forwarding address: 613 Mitzvah Blvd

So glad I don't have to take this exam now...

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Re: Hayom Yom

Posted by BHYY - 10 Mar 2021 00:18

I have a tremendous urge now to watch and act out.

Even the knas I accepted upon myself is not enough to keep me back. I am simply not giving in now because I know I will feel absolutely horrible afterwards.

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Re: Hayom Yom

Posted by Grant400 - 10 Mar 2021 01:47

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Re: Hayom Yom

Posted by Grant400 - 10 Mar 2021 01:50

[BHYY wrote on 10 Mar 2021 00:18:](#)

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Even the knas I accepted upon myself is not enough to keep me back. **I am simply not giving in now because I know I will feel absolutely horrible afterwards.**

I can honestly say, that this sentiment is the main thrust behind me being in the place I am today. Always keep this in mind. It's a simple and useful CBA.

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Re: Hayom Yom

Posted by BHYY - 10 Mar 2021 05:31

My stress levels are sky high. Very nutty situation with college but I'll spare you the details...

I need advice for ways to relax. I (for very good reasons) gave up every method of relaxation I have ever used. Well, almost every. Covid took care of the gyms for me. I don't read secular novels, I don't listen to audiobooks, I don't watch YouTube videos, I don't read secular news. I'm stuck. I have some frum books but it just doesn't help me chill. I tried some frum podcasts but also, doesn't work. Too intense. Rabbi Dr. Twersky zt"l used to read Peanuts when he was eating because he needed to chill.....hmmmmm.....

I crave the rush from exercise. Unfortunately there are no separate gender gyms where I am. There's a limit to how many times I can walk up the same block...

What do you guys do when you need to really chill and relax? When you have to completely zone out and reset & restart?

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Re: Hayom Yom

Posted by Zedj - 10 Mar 2021 06:38

[BHYY wrote on 10 Mar 2021 05:31:](#)

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I'm sorta in the same spot as you.

I blocked all social media and my latest achievement I blocked youtube.

Not much to do now.

Why don't you do exercise where you are? Pushups/burpees/situps/squats?

I follow the news and listen to political podcasts.

There are tons of GYE audio here that I have yet to explore.

catching up with friends/family is a great way to use out the time.

These are some things that are helping me "chill/zone out"...it may not work for you..maybe even detrimental. It's up to everyone on there own to know what will be a step up for them or a step down.

DavidT wrote: Even with a filter, if we spend our time on non-Jewish news and entertainment websites, we're bound to see many things we shouldn't. And one thing leads to another. Spending time on sites like Youtube, Facebook, Instagram (or even news sites like CNN and Fox News) are risky. It's inevitable that we'll stumble in shmiras einayim. Once we are standing at the edge of the cliff, we are very vulnerable to falling off of it. Instead, we must stay as far away from the edge of the cliff as possible. Therefore, one of the most powerful tools in this struggle is making good fences.

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Re: Hayom Yom

Posted by BHYY - 16 Mar 2021 17:45

A phenomenal book was written and published by Feldheim last year about the Jewish approach to Mindfulness by an ehrliche psychologist. I highly recommend the book as it has helped me a lot. I reached out to Dr. Jonathan Feiner, the author, and he sent me the following chapter-which was especially helpful for me-to post publicly for the oilam.

Enjoy.

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Re: Hayom Yom

Posted by Snowflake - 16 Mar 2021 18:39

Just went through your thread and wanted to tell you you are a warrior, for never giving up, I think that's the most important thing. Thanks for giving us such chizzuk! So many people stay clean for months, start falling and never come back. I am in day 0, so you're already ahead of me. I think streaks are good to monitor progress, but we shouldn't dwell on them. A person who is 10 days clean and safely adding a day at a time is infinitely better than a 1000 day person

who's slipping left and right.

We're not exactly in the same situation. You're single, I'm divorced with two kids. All I can say is, I feel the pain of loneliness now. It's unbearable, indeed. But Hashem's got our backs. I'm sure

All we have to do is keep moving forward, like when Moshe Rabeinu led us through Yam Suf...

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Re: Hayom Yom
He has a great shidduch for you in line, as well as one for me I hope
Posted by BHYY - 17 Mar 2021 21:57

Was up really late last night (this morning?) working on a project. That means I'm tired today.
HALT (Hungry, Angry, Lonely, Tired). Gotta be careful.

I *chapped* a short nap this afternoon but not enough. The fatigue and real tiredness is starting to kick in now. On top of that I have a boring class tonight.

What am I going to do?

I just finished a geshmak chavrusashaft to give my neshama some chiyus before going to class. Other than that I'm just going to be mindful that I am tired which makes me extremely vulnerable to my urges. I have to be cognizant not to put myself in situations that can lead me to fall

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Re: Hayom Yom
Posted by Striving Avreich - 18 Mar 2021 16:11

How'd the rest of the day go?

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Re: Hayom Yom
Posted by BHYY - 21 Mar 2021 02:05

B"H went well.

Been doing well lately B"H. ODAAT.

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Re: Hayom Yom

Posted by Striving Avreich - 21 Mar 2021 13:53

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