

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 Striving Avreich - 22 Mar 2021 09:59

Well now you have 2 weeks taken care of for this massive trigger. Three weeks ahead. You can do it!

What is the plan for the next 3 weeks?

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Re: Hayom Yom

Posted by BHYY - 24 Mar 2021 19:52

"Grant400" post=360195 date=1609366117 catid=19

Here's my take. I hope you don't hate me. I just simply care.

I wish I can lunge through your screen and grab you by the neck and shake you good and hard until you wake up. Your on GYE already for a while, quite a number of years. You are definitely super intelligent. You already know all the tricks and methods, all the insights and every idea that has been dissected to death on this forum. Yet you're still coming with excuses. "I feel this way" and "I feel that way" and "I have to this" and "I have to that"...

WHY?!?!? Haven't you already seen the truth a million times? What more are you waiting for?

Magic? One more idea that will transform everything for you? Another few years of reading endless posts?

My friend, do you want to look back in another 10 or 20 years and still be clicking thank yous on posts that "resonate"? Do you plan on still searching for "that" something forever?

You already have a toolbox full of equipment, now its time for to use them. It's time to tear yourself out of all this c**p! This disgusting filth!

No more feelings, or "ways I feel " or whatever excuse you can use to tame your guilt or your brain that is looking at you with horror. No more dissecting why you search for this specific naked person over a different kind of animal.

Just do. Accomplish. Change. Be a man you can look at in the mirror in 20 years. It's hard and brutal and torturous, but so is the status quo.

Numb, shmumb, Lionking.....Start on your path to sanity!

Please don't hate me, because I love you! Remember, I'm writing a story that takes alot of time and energy, just to get you to post...also you are really good looking...my,have you been going to the gym lately?

A now in hiding Grant

P.S. Assasination isn't necessary. Just negative my karma.

Cross-posting here what I saw earlier today. So strong. So powerful.

Thank you for the shake-up. Otherwise I would have fallen.

Thank you General, and lionking for bringing it up again.

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Re: Hayom Yom
Posted by BHYY - 25 Mar 2021 03:33

What a day. My exams (for now at least) are done! Time for the Yom Tov of Cheirus!

Stressful day, murderous test plus a boring lecture on top of it, but I am clean!

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Re: Hayom Yom
Posted by Zedj - 25 Mar 2021 03:36

Great to hear!

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Re: Hayom Yom
Posted by BHYY - 25 Mar 2021 03:41

[Zedj wrote on 25 Mar 2021 03:36:](#)

Great to hear!

Now time to keep busy with pesach cleaning

Yup! Gotta tackle the cars. Wow...leil bedika already...

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Re: Hayom Yom
Posted by BHYY - 25 Mar 2021 21:30

First day out and about doing Pesach prep...oish. Temperature jumped up and it appears

Staying strong...although it is very hard...

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Re: Hayom Yom
Posted by Grant400 - 25 Mar 2021 21:48

[BHYY wrote on 25 Mar 2021 21:30:](#)

First day out and about doing Pesach prep...oish. Temperature jumped up and it appears

everyone outside decided to take their clothes off
Staying strong...although it is very hard...

Oh darn! I forgot the summer is coming...

#MAKECOATSGREATAGAIN!!!

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Re: Hayom Yom
Posted by YeshivaGuy - 25 Mar 2021 22:16

[BHYY wrote on 25 Mar 2021 21:30:](#)

First day out and about doing Pesach prep...oish. Temperature jumped up and it appears

Staying strong...although it is very hard...

Oyyy it's a complete killer... Keep in touch man. Ur not alone

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everyone outside decided to take their clothes off

Re: Hayom Yom
Posted by BHYY - 30 Mar 2021 03:53

3 days of no internet. #TYH!

I was really depressed before Yom Tov. I had a string of falls and was just feeling really alone.
B"H feeling better now.

I've been beaten around, I've had successes and I've fallen. But I will never stop trying.

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Re: Hayom Yom
Posted by HappyYid - 30 Mar 2021 04:02

Great attitude!

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Re: Hayom Yom
Posted by BHYY - 30 Mar 2021 19:28

Rant time.

I fell. There is tons of unfiltered access and I had nothing to do. I'm not excusing my fall, my fall was still my choice and my fault.

I am alone!

For the first days one of my siblings came with their family. It was a leibedig seder and I know the ikkur mitzvah is v'higadeta l'vincha but they basically hijacked the seder. I sat in the corner quietly as the seder moved on and every one of my nephews and nieces said something on each part. I'm not saying they didn't have a right, my parents loved it. They got tons of nachas. But at my own seder I was lonely. I have been living in my head for the past couple of days. Now they left and it's just me and my parents. Great...boredom=trouble. I don't live in a bustling frum metropolis and there is no one to get together with. I tried learning this morning but my mind just wandered.

And still, here I am living in my head. I feel terrible about falling and just feel lonely. I still don't have any hobbies as all of mine have been discontinued. Giving up reading is still super difficult for me. I tried "frum" books but they just don't work.

Oy...

V'simachta b'chagecha....gotta keep saying it and maybe I'll feel it. Right now not so much,

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Re: Hayom Yom
Posted by Striving Avreich - 30 Mar 2021 19:37

I feel you. I'm sorry you are in that situation.

What can you do to "get out of your head" as you said?

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Re: Hayom Yom
Posted by BHYY - 30 Mar 2021 20:04

[Striving Avreich wrote on 30 Mar 2021 19:37:](#)

I feel you. I'm sorry you are in that situation.

What can you do to "get out of your head" as you said?

I wish I knew.

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Re: Hayom Yom

Posted by Striving Avreich - 30 Mar 2021 20:59

How about a GYE friend? Maybe you and YeshivaGuy should rant to each other about how you hate being around unfiltered devices at home. Mostly kidding. Ranting, may not be the best thing.

Hatzlachah

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