

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 - 30 Mar 2021 23:39

[Striving Avreich wrote on 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

I have B"H quite a few GYE friends. My therapist actually thinks I may be too involved in recovery. He is concerned that I should be more social off GYE. I'd like to be it's just hard when you don't live near guys and when I am in Yeshiva I'm usually busy. I was mekabel at the end of last zman that, come what may, I'm going to make time to be together with friends and not get sucked into college work.

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Re: Hayom Yom

Posted by #makelifegreatagain - 30 Mar 2021 23:43

[Grant400 wrote on 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

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

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

#MAKECOATSGREATAGAIN!!!

everyone outside decided to take their clothes off

Approved by me

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Re: Hayom Yom

Posted by Striving Avreich - 30 Mar 2021 23:49

Sounds great!

When talking to my therapist about similar things where it is essential to my sobriety and normalcy, the perspective he put it in was that if it's gonna help my sobriety than it's **more** important than a filter.

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Re: Hayom Yom

Posted by BHYY - 30 Mar 2021 23:49

One of my problems is being absolutely obsessed with the streaks and still not completely getting over my fall after 43 days clean. Really have to let it go. I keep toying with the idea of not counting days but as soon as I have a day or too clean I go back to counting. I really think I should just stop. This is a journey. A long streak won't help me, rewiring will.

One thing that really gets me down when I fall is that I'm in the parsha of Shidduchim. I am

b'chasdei Hashem working on this now before marriage but every time I fall I feel this intense fear that I'll mess up marriage by not getting over this. There are tons of stories on GYE and more that I've heard personally. I want to have a healthy marriage with my head on straight.

The married folks here can fact check me on this but I guess what I need to come to terms with is that a long streak does not guarantee me a happy, healthy marriage in this inyan. Only Hashem can do that. I just need to keep fighting. Of course doing the same thing over and expecting different results is the definition of insanity but I think I have been making healthy changes. Hard changes but healthy.

Another is just plain impatience. This is a journey. It won't happen overnight. But I have tasted the sweet taste of freedom! The clarity I had after several weeks clean was unparalleled. I want back! And I'm not patient enough to take it one day at a time.

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Re: Hayom Yom

Posted by Striving Avreich - 31 Mar 2021 00:07

Thanks for the honesty and transparency!

[BHYY wrote on 30 Mar 2021 23:49:](#)

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What changes, if I may ask?

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If ODAAT is as necessary as you say it is, its a need and must be internalized right away! No time to wait and be patient about internalizing it!

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Re: Hayom Yom

Posted by BHYY - 31 Mar 2021 17:27

[Striving Avreich wrote on 31 Mar 2021 00:07:](#)

What changes, if I may ask?

1. Giving up my smartphone and going to a basic phone
2. Giving up secular books
3. Giving up reading secular news
4. Attending live SMART meetings
5. Meeting with several choshuv GYE members in person
6. Not using my computer after 10pm

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Re: Hayom Yom

Posted by Striving Avreich - 31 Mar 2021 17:34

I really commend you for those. I was only able to give up my smartphone when Hashem made it that the screen broke and we didn't replace it.

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Re: Hayom Yom

Posted by YeshivaGuy - 31 Mar 2021 17:34

[BHYY wrote on 31 Mar 2021 17:27:](#)

[Striving Avreich wrote on 31 Mar 2021 00:07:](#)

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U rock man, u really rock

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Re: Hayom Yom

Posted by eyes - 31 Mar 2021 18:07

[BHYY wrote on 31 Mar 2021 17:27:](#)

[Striving Avreich wrote on 31 Mar 2021 00:07:](#)

What changes, if I may ask?

1. Giving up my smartphone and going to a basic phone
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6. Not using my computer after 10pm

Proven results

1, 2 & 3 I did all those things almost 5 years ago really helped

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Re: Hayom Yom

Posted by BHYY - 31 Mar 2021 18:29

[BHYY wrote on 31 Mar 2021 17:27:](#)

[Striving Avreich wrote on 31 Mar 2021 00:07:](#)

What changes, if I may ask?

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I also, as per HHM's advice, gave my expensive new smartphone as a Korban Olah by tossing it in the nearest dumpster and never looking back.

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Re: Hayom Yom

Posted by HappyYid - 31 Mar 2021 19:36

[BHYY wrote on 31 Mar 2021 18:29:](#)

[BHYY wrote on 31 Mar 2021 17:27:](#)

[Striving Avreich wrote on 31 Mar 2021 00:07:](#)

What changes, if I may ask?

1. Giving up my smartphone and going to a basic phone
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I also, as per HHM's advice, gave my expensive new smartphone as a Korban Olah by tossing it in the nearest dumpster and never looking back.

Wow amazing!

Seriously, I'm sure it wasn't easy.

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Re: Hayom Yom

Posted by Striving Avreich - 31 Mar 2021 20:37

[BHYY wrote on 31 Mar 2021 18:29:](#)

[BHYY wrote on 31 Mar 2021 17:27:](#)

[Striving Avreich wrote on 31 Mar 2021 00:07:](#)

What changes, if I may ask?

1. Giving up my smartphone and going to a basic phone
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4. Attending live SMART meetings
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Re: Hayom Yom

Posted by EvedHashem1836 - 31 Mar 2021 22:34

Mazal Tov!

I wish I had as much courage

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Re: Hayom Yom

Posted by eyes - 01 Apr 2021 01:22

[EvedHashem1836 wrote on 31 Mar 2021 22:34:](#)

Mazal Tov!

I wish I had as much courage

You could do it too.

?My wife had so much respect for me when I did it.

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