

Hayom Yom

Posted by BHYY - 13 May 2020 03:20

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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 - 14 Oct 2021 13:52

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Yesterday was tough. I had so many urges to act out. I was sitting for most of the day in front of my computer and just wanted to masturbate to let off some steam and relax. My built in stress reliever.

By taking it slow, deep breaths, and telling myself I could do it, just push it off a little longer, I B"H made it through clean. What a confidence booster. It's not about "well this urge is pretty strong and it's only 10am, no way I'm going to make it through today, may as well give in now." I pushed myself every time an urge arose yesterday and walked away with a complete clean day. No matter what happens after, no one can take that away from me.

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Re: Hayom Yom

Posted by BHYY - 15 Oct 2021 20:34

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Let's start with the good:

Yesterday, Thursday, I came home to a house full of unfiltered internet. With the help of the Ribono Shel Olam and careful planning, I stayed clean. A major accomplishment!

Today however, I fell. Progress! I planned for Thursday and was successful.

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I need to plan better for my Fridays!

All in all, I am happy where I am. I definitely need work but I'm moving in the right direction.

Have a wonderful Shabbos!!

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Re: Hayom Yom

Posted by BHYY - 19 Oct 2021 14:10

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A couple of weeks ago I was in the middle of a fall when I saw the following post on a pornographic site:

I really don't like jerking off, I just wish things would go back to the way they were.

Even though my nefesh hasichli was back-burnered and my nefesh habahami was in the driver's seat, I had the presence of mind to agree with the poster. I'm not here to debate whether or not I enjoy masturbating, that's irrelevant. But the poster was obviously using it as an escape, a coping mechanism. The same is true for me. Whether it be loneliness, the pain of the parsha of shidduchim, or being in an awkward situation; I use porn and masturbation as an escape.

When I escape I want to be lifted out of the present moment. To fight it, I ground myself. Mindfulness, CBA, or picking up the phone and sharing my feelings are all ways of grounding myself, bringing me to the present and processing my feelings instead of running away. I can't run away forever, at some point I'll have to face life.

I can't say I stopped my fall right away and became a tzaddik gomur. But to that poster, I thank you for reminding me to keep myself grounded. Escape is not the answer.

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Re: Hayom Yom

Posted by BHYY - 02 Dec 2021 05:15

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A freilichen, lichtige Chanukah to all of my dear brothers here!

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Re: Hayom Yom

Posted by BHYY - 23 Jan 2022 19:09

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Mazel tov!

For the first time since starting this journey I have made it to 90 days!!!!

All I can say is "yeshuas Hashem k'heref ayin". The Ribono Shel Olam has been so kind to me.

If I can be michazeik the Olam let me just say, do your part and He will take care of the rest! Just keep positive.

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Re: Hayom Yom

Posted by Sapy - 23 Jan 2022 19:35

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Mazel tov dear brother!! It touched my heart reading this great news... (sundays were usually the posts about the struggle with the boring course....) I'm so so happy for you! May you be able to grow and thrive!

P.s. I'm lucky to share my 90 days achievement day with you, also for the first time...

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Re: Hayom Yom

Posted by Hashem Help Me - 24 Jan 2022 12:36

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Mazel Tov to both of you! Keep it up and keep inspiring !

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Re: Hayom Yom

Posted by yosef10 - 24 Jan 2022 15:10

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A humongous mazal tov from all of us. Its a huge zchus to join you in this wonderful time of accomplishment. Don't be down on yourself if you continue to have urges, to continue throughout the rest of your fight. Just know you're strong enough and keep going!! :-)

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Re: Hayom Yom

Posted by Avrohom - 25 Jan 2022 03:56

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Mazel tov! Amazing!

Was there something you think that specifically helped you get over the top?

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Re: Hayom Yom

Posted by Zedj - 25 Jan 2022 06:23

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Mazel Tov BHHYY!

Such great news!

Keep rocking!

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Re: Hayom Yom

Posted by Zedj - 25 Jan 2022 06:32

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[Sapy wrote on 23 Jan 2022 19:35:](#)

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Mazel Tov Sapy!

I'm so happy to see you reach 90!

In your honor I will be making a lechaim!

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Re: Hayom Yom

Posted by BHYY - 27 Oct 2022 13:31

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Wow...what a moment. 365 days...1 year clean.

Hodu L'Hashem Ki Tov!!!!!!

What a year it has been.

I haven't updated you friends in quite a while so here we go.

Over this last year I got engaged and married!

It is hard to describe what one year clean is like. It's not like there is a button that just turns off (after all, I learned from the best all desire, it's just *different*. Is walking outside still a nisayon? Yes. Is there still a huge nisayon when using technology? Definitely yes. Do I get urges? Yes.

But it is *different*.

I am in control. I don't fall apart every time I get an urge. It's so hard to describe. But I wish it upon each and every one of you!!!

First and foremost I want to thank all of you who have been with me on this journey. This platform is truly amazing.

I want to give a special shoutout to a few tzadikim who have been at my side this entire time.

Bigmoish - it all started with you. The first person I reached out to. The first person who really pushed me to recovery. Thank you!

Hashem Help Me - My friend and my Rebbe. Thank you for always being there (and continuing to be there!!) whenever I needed someone to talk to (or give me a good kick in the pants and tighten up the nuts and bolts!)

iampowerless - Yankel! Having a friend fighting right alongside me was indispensable. Thank you for your advice, your friendship, and your constant positive attitude.

Finally, thank you to all the members of the SMART meeting. You forever have a special place in my heart!

Thank you GYE!!!

Thank you Hashem!!!!!!

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Re: Hayom Yom

Posted by Grant400 - 27 Oct 2022 19:39

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[BHYY wrote on 27 Oct 2022 13:31:](#)

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Thank you GYE!!!

Thank you Hashem!!!!!!

What amazing news! So happy for you! Thanks for sharing!

**Warning: Spoiler!**

Keep on trucking!

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Re: Hayom Yom

Posted by Teshuvahguy - 27 Oct 2022 20:46

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Thank you GYE!!!

Thank you Hashem!!!!!!

Amazing news and fantastic accomplishment. And mazal tov on your marriage!!! May Hashem continue to bless you with self control because there is nothing better than being in control!

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