

Day 1 for who knows how many times

Posted by bitochonGYE - 14 Jun 2020 17:25

I feel like it's a lost cause. I've reset this so many times I can't even count. Once the urge is on nothing stops it. Once its over I feel bad and reset. Its like I'm shoeing away good judgment and my brain is not listening or doesn't care at the time. Triggers are definitely stress, board, angry, or depressed. Once the urge is high I go as so far and reset my phone, disconnect filters, etc. When its over they are back on..the minute I catch a glance of anything and not even porn I'm already sucked in..i could be watching a TV show, catch a paper, etc.. pritzus is all around how is it possible?? I can't shut myself off from the world we live in today. I was hoping Yosef hatzadik can tell me in a dream some tips.

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Re: Day 1 for who knows how many times

Posted by bitochonGYE - 19 Jun 2020 08:23

Thanks. I definitely need other outlets. I have right now a few sedarim including the daf. But between work and that ..I have no time. I'm up now even at 4AM writing this because I needed to catch up on more work.

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Re: Day 1 for who knows how many times

Posted by Meyer M. - 19 Jun 2020 11:05

From what I've found is that the first week generally is unbearable due to the brain pretty much being hardwired for so long in this way. Keep fighting, it will pass with time and effort. You're doing great and keep it up!!

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Re: Day 1 for who knows how many times

Posted by bitochonGYE - 19 Jun 2020 12:52

Thanks. I hope it's a fight I can win. It feels like the odds are stacked against me. My eyes happened to have gazed at something this morning (bikini) and it initiates such a strong desire to continue watching. I didn't even realize it right away it took 2 or 3 seconds for my brain to turn

on and and I turned away. But that feeling came over me like hunger pain. Until I became preoccupied with something else that's all I could think about. Very hard. I feel society tells us it's a natural instinct to look or human nature. How do we fight something so primal?

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Re: Day 1 for who knows how many times
Posted by battle-of-the-gen - 19 Jun 2020 18:05

Some things that helped for me so far: I think we got so used to oozing pleasure from our surroundings, we basically hardwired our brain to look for triggers and "get us going" for later on when we release. So any little thing we see our brain auto jumps to going all the way thats the "hunger" you feel.

But this can be fixed and rewired. As you mentioned when you see something, theres a mini period where ur brain starts tripping out, but 1) look away(1st look isnt your fault) 2) try to have a list of things for your brain to jump to quickly and focus on so you can move on from your "thirsty thoughts" (Also stam try to keep your mind busy in the streets so your eyes arent wandering)

Now its hard and your bodies gonna crave the look and masturbating after, but when you say NO, its gonna be tough in the beginning, but then it starts getting easier. The shockful lust after the first look gets weaker and your brain starts adjusting.

And as Meir mentioned, its hard to make any change when our brain is still shakua("knee deep") in lust, so before you think you can or cant do anything, try to be clean for 3 days and go from there.

Again no one said its gonna be easy but you gotta really want it. Really really want, and you gotta believe its doable. Cause it is. Hatzlacha!

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Re: Day 1 for who knows how many times
Posted by bitochonGYE - 21 Jun 2020 11:00

Day 7 - It is getting a little harder. I try shaking off the desire to wanting to look at eye candy. But it is getting a bit harder to concentrate. The wanting comes more and more and I try shaking it off but its not easy. My brain seems to pull in that direction. I don't know how to rewire and the craving side of me doesn't want to.

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Re: Day 1 for who knows how many times
Posted by wilnevergiveup - 21 Jun 2020 13:34

Just know that it can take some time, it's a process, it doesn't just happen in a day.

When you find something that works, try to stick to it. Even if you do fall it doesn't mean you are doing something wrong, just get back into it. Not too many people here succeed on their first try, just keep on fighting.

It's for sure a fight you can win.

This may or may not work for you, but I found it very important to really understand why I wanted to stop (and I mean why / want to, not G-D or my wife or my who knows who, but me).

The logic is, that in life, there is always the easier route and the harder one. If you were given two choices what would you choose? Obviously the easier one, I mean why would anyone choose otherwise?

In this fight I have the difficult option, discomfort, self control, pain anxiety etc. Why would I go through all that if I could have instant pleasure and forget about all my problems instead?

The answer for me is to make the difficult path more desperate than the easy route. Making goals, and motivating yourself with real reasons to stop will make it easier to keep fighting.

Do it because you want it, because it will make you happier, your head will be clearer, you will have healthier relationships, you will be guilt free, you will have more time, we can go on forever (there is a thread somewhere with long list) you have to find what's important to you and use it.

You've got to give yourself a reason to fight!

I hope this wasn't too much rambling...

Keep it up! keep us posted.

Hatzlachah!

Wilnevergiveup

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Re: Day 1 for who knows how many times
Posted by bitochonGYE - 21 Jun 2020 14:47

I find my only reason is to be closer to G-D. Vehisem Kedoshim this weeks parsha... I guess that should be reason enough.. :)

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Re: Day 1 for who knows how many times
Posted by bitochonGYE - 21 Jun 2020 19:39

Day 7 - I feel like I'm losing it today. Maybe because I'm bored. Its all I can think about and all I want to do. I can't shake it today.

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Re: Day 1 for who knows how many times
Posted by wilnevergiveup - 21 Jun 2020 19:48

[bitochonGYE wrote on 21 Jun 2020 14:47:](#)

I find my only reason is to be closer to G-D. Vehisem Kedoshim this weeks parsha... I guess that should be reason enough.. :)

If it works, great! The point is whatever the reason is it has to be tangible and you have to really feel that it's stronger then the urge to fall.

You sound like a real growing person. With Hashem's help you will succeed on your journey.

You are 100% right, getting closer to Hashem **should** be a good enough reason. for some of us it isn't though. You are very special that for you it is!

May you have a lot of hatzlachah on your journey.

All the best,

Wilnevergiveup

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Re: Day 1 for who knows how many times
Posted by battle-of-the-gen - 21 Jun 2020 22:59

[wilnevergiveup wrote on 21 Jun 2020 19:48:](#)

[bitochoNGYE wrote on 21 Jun 2020 14:47:](#)

I find my only reason is to be closer to G-D. Vehisem Kedoshim this weeks parsha... I guess that should be reason enough.. :)

If it works, great! The point is whatever the reason is it has to be tangible and you have to really feel that it's stronger then the urge to fall.

I agree 100%. You have to be careful what you use for the reason bec a lot of us are baeli mussar and are in yeshiva/kollel, but the reasons like being closer to Hashem arent usually

enough. You may be diff but the Yetzer hara is extremely clever and unfortunately he can play around with a concept thats hard for humans to understand(next world stuff). Hatzlacha!

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Re: Day 1 for who knows how many times
Posted by bitochonGYE - 22 Jun 2020 23:32

Day 8 - So busy didn't have time to think. I need to figure out a solution for down time. I think that is a trigger. Also, its a little hard to turn away if I spot something. It takes me 4-5 seconds to register and not 1-2 like it should be. This is another thing that needs work. Can people really do this? How do you fight an instinct which you had your whole life?

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Re: Day 1 for who knows how many times
Posted by Hashem Help Me - 23 Jun 2020 02:13

Bitochon, bli ayin hara with all your forecasting doom, you are BH doing well. Keep it up. It is normal to go through this rough beginning. Don't panic.

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Re: Day 1 for who knows how many times
Posted by battle-of-the-gen - 23 Jun 2020 05:13

It may help not to look at what your daily progress is, cause from day to day the progress is small and hard to see; but overall you can see where you started and where ur at now. (7 days clean! and your already more wary of what your looking at; thats BIG)

?Beginnings are gonna be hard, but youll get better at it.

Also imagine telling someone to diet extremely hard but he wont lose weight. Dont eat all the stuff you enjoy and love and dont know why. Its pretty hard. Nimshal is KNOW WHY YOUR FIGHTING. Know whats at stake and what tremendous reward and growth your getting. When you have something to rally around: your not choosing "dont look at this" , rather your choosing "a better guilt-free life", "a better relationship with my wife and kids", "gan eidan" etc (few of the many reasons to stop). But you really have to sit and daher it and really internalize why you wanna change. I think this helps with shmiras einayim in the streets(dropping from 5 seconds to

4, then 3 etc)

Hatzlacha!

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Re: Day 1 for who knows how many times
Posted by Snowflake - 23 Jun 2020 12:49

[bitochonGYE wrote on 22 Jun 2020 23:32:](#)

Day 8 - So busy didn't have time to think. I need to figure out a solution for down time. I think that is a trigger. Also, its a little hard to turn away if I spot something. It takes me 4-5 seconds to register and not 1-2 like it should be. This is another thing that needs work. Can people really do this? How do you fight an instinct which you had your whole life?

Try not to reason at all and first look away asap. Then do reason, wait a second, is that going to do good to me? Staring at her? I can't have this woman, she's most certainly not mine and will never be. And looking at her is really gonna damage my relationship to G-d and my family. Isn't it better if I don't even create expectations? Can't I just move on? Won't I be happier by not looking?

It's what I do, I try to turn away almost like forcefully, against the instinct, then I think it's important to have this conversation with yourself.

As of lately I've been chewing on Dov's words too. "G-d created this goy woman for a purpose, and most certainly it's not for her to be stared at. Most certainly not by myself too. Perhaps she's the newcaster and her function is to bring news to the world. I must not interfere with her function in this world. She was taught that it's ok to be dressed this way, and she most certainly would not be content with men staring at her. Can't I respect this simple truth?"

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