

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 battle-of-the-gen - 22 Jul 2020 12:58

We have to put as much effort as we can to be the best possible people we can be. Once in 40 days is a really solid number and something which you can pat yourself on the back for.

You think you cant cut it off totally yet, I think you dont need to worry about that right now. There was probably a time where you thought going 40 days without it is insane. And there was prob a time(long time ago lol) where you thought just walking with two feet is impossible. But you kept trying "baby steps" and eventually you were able to do it. BZH this next time will be more than 40 and eventually youll hit where you want to.

The point is to keep pounding and never stop the grind. We're rooting for you, and more importantly Hashem is rooting for you. Your Father is watching and schepping nachas from the effort your putting in and wants to help you. The results are up to him but he has a pure and crystal view of the amount of effort your putting in. Hatzlacha!

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Re: Day 1 for who knows how many times

Posted by bitochonGYE - 22 Jul 2020 15:22

I have to phyche myself up to get started yet again.

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Re: Day 1 for who knows how many times
Posted by bitochonGYE - 22 Jul 2020 15:23

I viewed the profile with a regular google search. My chavrusa blocked it and I didn't know the code but I sort of hacked it. I called up the company that I had a phone issue and needed the
The yetzer harah will knows no limits.

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Re: Day 1 for who knows how many times
Posted by Jj123 - 22 Jul 2020 17:37

@bitochonGYE

I found for myself that by far the hardest part of the struggle is restarting after a fall. Don't let the
code fact that it's hard to continue make you depressed about it. It's not easy but that's ok.

So much easier said than done though.

You can do it if you decide to.

Hatzlacha!

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Re: Day 1 for who knows how many times
Posted by bitochonGYE - 24 Jul 2020 12:23

I find another part of failing. It so easy to just fail again until you start again. You say to yourself I already failed. So, after failing twice in a short time I finally got psyched up again to start once more.

Here we go DAY 1.

Issues I need to figure out...

1) I can always hack my phone, reset it, I also have filters I can turn off on my network. I need an idea on when I get to that point what I should do. I don't have a good solution. I need like a PANIC button APP that goes out. lol

2) I find when I am busy there is not much issue. Its when I am bored I get into the most trouble. Need ideas for when I do have downtime like Sunday things to do.

3) I don't have any ideas for seeing things that just get me started. Like I said I can be watching a clean show and if the girl is pretty...

Thanks!

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Re: Day 1 for who knows how many times
Posted by bitochonGYE - 28 Jul 2020 07:34

i can't seem to get going again. Having a real hard time now getting passed a day or two. I've reset a few times already since last streak.

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Re: Day 1 for who knows how many times
Posted by Dave M - 28 Jul 2020 13:05

[bitochonGYE wrote on 28 Jul 2020 07:34:](#)

i can't seem to get going again. Having a real hard time now getting passed a day or two. I've reset a few times already since last streak.

Forget about the past. Keep moving forward. The beginnings will always be hard. There will be many ups and downs. Have you gone through the GYE Handbook and tried out the different tools and tips?

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Re: Day 1 for who knows how many times
Posted by bitochonGYE - 28 Jul 2020 13:27

i have yet to find the time to read the whole thing..i scanned it over the past

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Re: Day 1 for who knows how many times
Posted by sonoftheking - 29 Jul 2020 19:33

Hi. as R Nachman writes constantly, there is only the present. No thoughts of the past or the future. That is one of the potent tools for us to employ.

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Re: Day 1 for who knows how many times
Posted by bitochonGYE - 07 Aug 2020 20:09

I cant seem to get going. I had a good run but I seem to be failing every few days.

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Re: Day 1 for who knows how many times
Posted by Dave M - 07 Aug 2020 20:53

[bitochonGYE wrote on 07 Aug 2020 20:09:](#)

I cant seem to get going. I had a good run but I seem to be failing every few days.

2 steps forward, 1 step back....

Is there a specific situation that keep leading you to fall? Are there any practical steps you can take to mitigate it?

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Re: Day 1 for who knows how many times
Posted by bitochonGYE - 07 Aug 2020 21:09

the triggers are boredom, stress...its been a very few stressful weeks at work...I've been having a hard time committing to it again...also, there are just so many ways to get around the system...locking my phone wont help...I can do to an ipad, other phone, reset phone, etc..I'm at

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Re: Day 1 for who knows how many times
Posted by bitochonGYE - 07 Aug 2020 23:06

Just read a brief synopsis of The battle of our generation. I found a PDF online. Got a little inspired, need to read it again. But I think I am going to try the neder idea from the book. I only read it for a few minutes but it was a good and needed read. I needed something...

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Re: Day 1 for who knows how many times
I lost what to try next. I've hit bottom again..
Posted by Captain - 09 Aug 2020 01:58

Also check out The Battle of THE Generation
(guardyoureyes.com/ebooks/item/the-battle-of-the-generation). It's also really good. (Different styles.)

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