

There must be a way

Posted by starting - 21 Jul 2020 05:34

The y'h gave me a new line of thought today: stopping cold turkey is not for me. I'll forever feel like I'm missing out and I'll get depressed. I should really make my streaks go a bit longer each time.

This is after trying to stop for well over 10 years. How crazy is that?

?I now see even more clearly how he has powers of manipulation that we cannot fathom

Doing it for my good of course. I shouldn't always feel like I'm missing out

The creep

I hereby start my journey to purity

The reason I have not officially done this yet is because I feel that the order of the forum is cleverly designed. I first introduced myself. Then I started a log of trying to break free (this actually in the marrieds section as it's a bit along those lines)

I did not in any way have the strength to attempt a 90. But now I think that the time is ripe. Even if it takes a few tries.

Day 18 (BTW it's my first time at day 18 in my life)

Hatzlacha guys

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Re: There must be a way

Posted by starting - 22 Feb 2021 20:23

Was a bit harder.

At one point during the big urge this thought came into my head

So this is never going to end?

We'll just go right back into that kind of stuff, never to feel free again?

Should we just fall back onto the vicious cycle?

This is absurd!

I'm done with this and we all know it!

Then I just started thinking about other stuff and stopped pushing my limits with almost slips etc

Not sure exactly what went on there but that sudden flash of clarity is a huge help when your mind is clouded by interest in desire

Thank you Hashem

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Re: There must be a way

Posted by DavidT - 22 Feb 2021 20:28

I'll share something that helps me a lot...

Usually, if a person is faced with a challenge, the strategy to overcome it is by working hard to get it under control. However, in this area, such a strategy will not work. In fact, the opposite is true: When a person tries to control a thought, he is essentially bringing to mind the very topic that he was trying to rid himself of, which causes his mind to explore it further. For example, if someone tells himself not to think about an elephant, then just mentioning those words will bring the image of an elephant to mind. This idea holds true both with regards to inappropriate thoughts, as well as improper sights. A person should always remember the Golden Rule: Any time you think about not thinking or seeing it, then "it" is already in your mind.

How, then, should one deal with inappropriate thoughts and sights? They should be treated as if they are a bag of garbage, waiting for the garbage collector to come. Just as you wouldn't open the garbage bag to investigate if there's something good there, so, too, a person should work on himself to consider these thoughts and sights as if they are nothing and just continue on his way. **The focus should be to continue on with 'business as usual' without even analyzing what just happened.**

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Re: There must be a way
Posted by starting - 23 Feb 2021 20:15

Clean

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Re: There must be a way
Posted by starting - 24 Feb 2021 20:39

Pretty good day today b"h

One urge and not in a situation that I could dwell on it anyway so all in all, great, clean day

Hatzlocho

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~~Re: There must be a way~~
Re: There must be a way
Posted by starting - 25 Feb 2021 16:46

Clean

Busy

B"h

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Re: There must be a way
Posted by starting - 26 Feb 2021 16:48

Clean

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Re: There must be a way
Posted by starting - 27 Feb 2021 21:23

Slipped

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Re: There must be a way
Posted by starting - 28 Feb 2021 20:26

Clean b"h

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Re: There must be a way
Posted by starting - 01 Mar 2021 20:50

Last round I found days 25-40ish real hard

Now in the mid 30s and it is hard

Phone call last night helped b"h

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Re: There must be a way

Posted by Grant400 - 01 Mar 2021 22:33

"starting" post=356996 date=1604329843 catid=4

Had a bit of a rough time last night, y"h found a reason for me to fall.

There was a problem though, which he didn't reckon with; I don't do that stuff. It's not me. Finished. No. What the heck? What for?

So I u have a list of things that people like me do aka distractions list and kept busy.

Simple theory: I don't do x, I do do a, b & c.

Hatzlocho

Remember this golden post? Remember the flash of crystal clear clarity you had at that moment? Remember what an impression it made on all of us?

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Re: There must be a way

Posted by starting - 02 Mar 2021 07:05

[Grant400 wrote on 01 Mar 2021 22:33:](#)

"starting" post=356996 date=1604329843 catid=4

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Hatzlocho

Remember this golden post? Remember the flash of crystal clear clarity you had at that moment? Remember what an impression it made on all of us?

Yes, I live with this all the time

I clearly remember coming to that definitive decision during an extremely powerful phone call

At the time I was doing what it takes to break a masturbation habit. Now I still definitely do not masturbate but am working on cutting down on lusting, which has become extremely hard recently, very possibly with thanks to serious financial issues.

I am also extremely busy now and have not been looking for distractions, just when I do get to close my eyes I want to avoid having girls coming into my head

So if I were to rewrite that post in my current state it would finish something like

'I don't do that stuff...

So I sent my reminded myself that I have to post accountability and started thinking about something more productive/relaxing/kosher

Simple theory: I don't masturbate, so I will try to avoid getting to the point of being on the verge of it.'

Really don't have time to actively work on cleaning my head and I also see people scantily dressed too often but accountability helps. I also promised my mentor that I'll write/leave him a voicemail describing my feelings if it does get bad

I don't do x and avoid being in the situation where I feel that x would be the way out

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Re: There must be a way
Posted by starting - 03 Mar 2021 00:58

Clean b"h

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Re: There must be a way
Posted by starting - 04 Mar 2021 07:07

Slipped...

Having big problems in general and stress level is way beyond anything legal

Trying to to avoid looking where I shouldn't just for today.

ODAAT

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Re: There must be a way

Posted by DavidT - 04 Mar 2021 15:02

[starting wrote on 04 Mar 2021 07:07:](#)

Slipped...

Having big problems in general and stress level is way beyond anything legal

Trying to to avoid looking where I shouldn't just for today.

ODAAT

You're amazing. I would ask you for a bracha as you definitely have now the power of Yosef Hatzadik... Such stress and nisyonos and still keeping strong! Keep it up - as you say, "one day at a time"

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Re: There must be a way

Posted by DeterminedtoWin - 04 Mar 2021 17:24

[starting wrote on 04 Mar 2021 07:07:](#)

Slipped...

Having big problems in general and stress level is way beyond anything legal

Trying to to avoid looking where I shouldn't just for today.

ODAAT

That's great that you were able to check in with us in such a state. I have a hard time checking in when I'm down. Hang in there buddy! Tons of kudos and schar for you my friend for every little bit of fight you're putting up!

Would it help to do anything, even a tiny thing, to address any of the following in any way?

HALT which means "Don't become too Hungry, Angry, Lonely, or Tired." or **BADS** (Boredom, Anxiety, Depression, Stress).

Hatzlacha!

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