

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 - 28 Jun 2021 23:38

My wife is out of town for a few days.

Extremely challenging.

Trying to remember what you guys are saying that the goal is the here and now, not just a long streak.

So challenging

Thank you all, would be nowhere without you

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Re: There must be a way

Posted by starting - 29 Jun 2021 09:21

I had a little fall this morning.

Juat a few seconds and masturbation more out of habit than desire.

The type of fall that says 'don't let this get you down'.

Trying to brush it off as a mistake rather than getting that feeling that it's hopeless. Kind of like remembering that the mission is the goal.

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Re: There must be a way

Posted by Captain - 28 Jul 2021 13:13

Hey Starting how's it going?

We miss you here.

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Re: There must be a way

Posted by starting - 02 Aug 2021 06:13

Really appreciate your enquiring

I have b"h a lot of work now for these few weeks and when I am not working I try to be with the family as they are home all day and (hopefully) miss me. Yesterday I worked about 8.5-9 hours without a break.

Quick update, bad week last week, clean since Friday with more of a feeling that I need to, want to and will stay relatively clean in the long run, so these 3 days have been much easier b"h.

I see once again that it's all in the attitude, like now I feel that it's below me and got 3 days so far. Or it could be that my wife went to Mikvah...

Thinking of you a lot and wishing I could come here more

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Re: There must be a way

Posted by ihadstringsbutnowimfree - 02 Aug 2021 17:13

[starting wrote on 21 Jul 2020 05:34:](#)

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

...

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.

Here's a method that makes you happy to be abstinent and makes you re-realize how happy you are without this stuff in your life. Best of all, it requires absolutely no willpower. Really. In fact if you are using willpower, you're doing it wrong. Willpower is like a bow and arrow – you pull the arrow (willpower) into your bow farther and farther, but if you slip the arrow goes flying. This method requires absolutely no willpower.

I relapsed after most lengthy periods of abstinence because I also felt like I was missing out. I'm not missing out though. Alan Carr wrote a famous book on quitting smoking where he makes the smoker re-realize that they're not going to miss smoking; all smoking ever does is relieve withdrawal symptoms. Non-smokers don't have withdrawal symptoms because non-smokers don't smoke! The only people who get "pleasure" from smoking (relieving of discomfort caused by withdrawal from their drug) are smokers. **Smoking creates the very symptoms it claims to relieve, and ceases to relieve them fully. PMO is the same way.**

Today I am a happy non-porn user and non-masturbator. Sure I have urges from time to time, but they honestly make me laugh at them. It's easy when you get rid of the emotional connection to porn and masturbation, which I have done. To learn more about how to do so, I highly recommend you read this free book (linked below) that took Carr's Easy Way to Quit Smoking and adapted it for "lust" addictions. It's free and 100 pages. You don't even have to quit while you read it (put moral and religious stuff aside for a second, they never stopped you from being addicted anyways, this is about drug addiction not morality. You're a good person.), and anyways the worst thing that could happen is you are exactly where you are now. The best thing? Lots of extra time, plus not sabotaging your life anymore? Olam Habah, if that's what gets you going? Anyways, just don't be afraid of being free, just read the book or listen to the audiobook which again are FREE because all the best things in life are free. After you read the book you won't have to struggle anymore, it's incredible.

<https://easypeasymethod.org/easypeasy.pdf>

[audiobook mp3](#)

audiobook on youtube as well, but I don't think gye lets me link youtube links.

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Re: There must be a way

Posted by Captain - 24 Dec 2021 14:18

Hey @Starting, we miss you! How's it going?

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Re: There must be a way

Posted by starting - 30 Dec 2021 10:57

Thanks

I've been completely off gye for a couple of months but stayed at about 2 falls every weekend

Reflecting on the past year I've had many happy moments, many good experiences.

Also a lot of stress, loads of troubling moments and it's been very hard to work on sobriety as well as trying now is an active struggle, not just avoiding an occasional fall. I often find that I have absolutely no strength to fight and give in to the slightest temptation.

I do have great filters so the struggles are narrowed down to masturbation and shmiras einayim.

Earlier this week I have decided that I am low enough to consider this rock bottom and have to give it some real work

Trying on 2 weeks for now bezh"sh

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Re: There must be a way

Posted by DavidT - 30 Dec 2021 15:16

[starting wrote on 30 Dec 2021 10:57:](#)

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Welcome back!

Your 2 weeks should be with great siyata dishmaya and the beginning of many more clean happy weeks and months...

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Re: There must be a way
Posted by starting - 03 Jan 2022 17:14

Fell today after 6 days

Continuing as planned ly"h

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Re: There must be a way

Posted by starting - 07 Feb 2022 10:52

It's been a few weeks since my last update

I had a couple of falls in that time but about a week ago I reached 14 days clean, then fell twice and am clean for 7 days since (slipped a few times)

I feel like my old 'training' is starting to kick in again, hhm's mehalech which he is continuously writing about ayin shom

A nice chizzuk I heard a story about a previous belzer Rov who was telling sippurei tzaddikim and told about a jew who was makpid not to work before davening

One morning, someone came to him and presented a deal which one can't refuse but it had to be confirmed immediately, before Shachris

He had a huge nisayon to accept this deal before davening but he overcame the temptation and declined the offer

That was the end of the story

Many stories end with us seeing unbelievable siyatta dishmaya or miracles and we get a nice chizzuk and see the schar in this world

But upstairs, they see you looking away and being misgaber and that is the greatest part of the story

That is the incredible Nachas ruach and the most unimaginable simcha in Shamayim

Umatan scharah usid lavo, whenever and however it is decided

Appreciate the accomplishment of defeating the yetzer hora

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Re: There must be a way

Posted by Hashem Help Me - 07 Feb 2022 11:46

Amazing post!

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Re: There must be a way

Posted by Shtarkandemotional - 08 Feb 2022 22:22

[starting wrote on 07 Feb 2022 10:52:](#)

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Wow not the typical story!! Beautiful!

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