

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 - 23 Sep 2020 14:05

19 days

Matches my previous record

Having plenty of urges but no access to anything triggering

Trying hard not to masturbate

At least for the next few days

I think I'm trying to reach a big goal, like 30 days or something but the only way is by living in the moment and keeping clean for *today*

So I'm really looking at the bigger picture and that helps a lot but I also try to overcome urges by remembering that surviving a single urge is not the hardest thing in the world as opposed to breaking a record streak, so that is the one-battle-at-a-time aspect

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Re: There must be a way

Posted by DavidT - 23 Sep 2020 20:08

The yetzer hara, disguised as the voice of desire, is our most dangerous enemy. He entices us with all sorts of excitement and claims to only want us to enjoy. **But when the dust settles, we realize that he was never trying to bring us any pleasure at all. He was just trying to make us miserable and to ruin both worlds for us.** How determined should we be to obliterate such a ruthless enemy? We should pray for Hashem's help, and then we should be fired up to clobber the yetzer hara by winning our battles, knowing that these victories also bring us the best life in both worlds.

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Re: There must be a way

Posted by Captain - 24 Sep 2020 00:16

Wow this is very nice! So true.

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Re: There must be a way
Posted by starting - 25 Sep 2020 10:33

21 days

Not planning on giving up anytime soon ly"h

Reaching new heights baruch hashem

I still get urges very often but it does not feel like acting out is part of my basic routine anymore which is a huge help.

It's about realising that the 'need' is just perceived

I am still struggling a lot with touching just out of habit without thinking especially in bed but that is also getting better b"h

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Re: There must be a way
Posted by Snowflake - 01 Oct 2020 14:23

Something that helped me, kind of crazy but why not give it a shot. Maybe you do it already, but here goes:

Married men have a heter to hold their eiver during peeing. Yet it's middas chassidus to not touch yourself even while peeing. I used to hold it, but somehow respecting this hiddur has really helped me. If not holding it is too hard, you can use some tp as a hefsek between the hand and the eiver. It gives yourself the impression the eiver is "off-limits". Really helped me (no joke lol).

Anyway keep up the good work!

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Re: There must be a way

Posted by starting - 01 Oct 2020 20:48

Went past a street today that was actually a bunch of adult shops.

A whole row of stores with prostitutes sitting in the store front.

2 things happened next:

I couldn't get the sight out of my head (of course)

And my taiva level shot up

But also, it suddenly felt like a different reality. It's not unknown bodies behind a screen which has been altered or they are feeling secure behind a screen and their 'type' are all people doing the same. It's not a black closed off storefront with just a back entrance like in the city that I live in.

It's real people, presumably in their home town, with absolutely no sense of morality, just doing this full time like it's the most normal thing in the world.

Not one or two or five. A whole bunch of such stores next to each other.

It got me thinking, (I can't not think about this) how long will it take until every neighborhood has this? How long will it take until every goy feels like that is normal.

Morality is history. There is no shame. There is no sense of anything really.

What will we do then? What will the style on streets be then?

And how will we luster survive such a world?

I know, people have been saying this for years, especially since the Internet but it just hit me. Hard. And I just wanted to share. This is fact. We have to brace ourselves.

Most importantly, I want to point out that the sooner we reach sobriety the easier it will be, and we have to help others reach that too, before the world reaches that point of no return, where hardened addicts have virtually no hope

Hatzlacha to all

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Re: There must be a way
Posted by i-man - 02 Oct 2020 06:22

Take a deep breath my friend, listen closely and you'll hear the footsteps of Mashiach , no need to worry about what will be in a few years...and either way nothing's predictable anymore in our world that's gone off the rails.

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Re: There must be a way
Posted by starting - 02 Oct 2020 07:10

28 days b"h

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Re: There must be a way
Posted by starting - 05 Oct 2020 06:12

I have been trying to keep my hands out of the blanket at night.

Sukkos is much too cold for that (so far) and I slipped a few times during the nights.

Since slipping it's been going harder.

My new goal is 38 days, double the old record.

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Re: There must be a way
Posted by starting - 07 Oct 2020 15:46

Day 33

My wife had a go at me today about our financial situation

Came awfully close to masturbating my brains out

Multiple times

One thought that went through my mind then may be beneficial:

It will take multiple falls to relieve this

I will still be stuck financially then

My wife will not change her attitude

I will feel even worse

And, I will not enjoy the fall at all

It will just give me the feeling that I'm free, that I can do as I wish

But at the same time I will still feel the stress and burden of having to pay the bills

And I will be depressed as I do it and afterwards

I am now realising that this thought process signals the progress of recent months

Both, that it comes up in my mind in times of nisayon and that it was a real deterrent (and least

at 33 days, I doubt I would have held back on day 10)

And while I hope and pray that my finances will be simpler and that I should not have these nisyonos, I thank hashem for revealing to me in such a clear example how great I can and will ly"n go on to be

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Re: There must be a way

Posted by wilnevergiveup - 07 Oct 2020 15:54

[starting wrote on 07 Oct 2020 15:46:](#)

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Re: There must be a way

Posted by starting - 08 Oct 2020 18:35

Hoshana rabbah is really the end of the yomim nora'im. No doubt there is a real need to be on the lookout.

The yetzer hora really hates it when we come through these days clean.

Anyway, I slipped quite enough yesterday, no need to slip more. Gotta kot

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Re: There must be a way

Posted by starting - 09 Oct 2020 13:27

5 weeks clean b"n

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Re: There must be a way

Posted by starting - 13 Oct 2020 19:50

In the 4 days since I last posted my progress I have had 2 hard nights.

Like, 2 nights that in theory I really should not have survived.

Absolute torture. Don't know if I can make through more of those types of days.

Right now it's 39 days albeit with several slips especially recently.

Will bl'n call someone tomorrow, there is nothing like a phone call...

Most importantly, for the first time in my life, I went from the beginning of selichis until after Sukkos without masturbation!!!

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