

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 Snowflake - 14 Oct 2020 16:32

[starting wrote on 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

Such real post, yasher koiach for sharing.

Each of us have our own set of issues with our wives and I speak for myself at least, they can really rock your boat.

Came awfully close to acting out several times when argued with her in the past.

I really agree with what you said. Having this mindset of "acting out is just gonna make things worse" kinda helps. In fact not acting out can be a great source of brochos and yeshuos for all kinds of nissyonos.

What really helps me when I'm really angry/depressed is to do something completely mind numbing for a while. E.g. I have an app for chess puzzles. They can really get your mind off reality for a while. Sometimes, for myself at least, unplugging myself from reality a bit can be soothing.

Anyway Yasher Koach starting and remember, everyone has rough patches, not even the guy who has been sober for years is safe or free from bumps. Just keep on trucking!

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Re: There must be a way

Posted by wilnevergiveup - 18 Oct 2020 11:16

Hey @Starting, haven't seen much of you the last couple of days. What's goin on?

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Re: There must be a way

Posted by starting - 18 Oct 2020 19:41

I have been in quarantine for nearly 2 weeks and don't particularly want my wife to notice me on here...

1 day left..

Baruch Hashem the halfway mark is fast approaching or I'm approaching the halfway mark may be more accurate.

Still having ups and downs but I think that now it's b"h more up than down

Had one big reward at the 40 day mark which also helped

Feeling pretty good about the way it's going; when I first joined I really didn't expect to reach 44 days so quickly

Thank you all

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Re: There must be a way

Posted by starting - 19 Oct 2020 20:07

45 days; halfway to 90.

It's really a good time to reflect but I will have to be brief.

Not too far back I was working on streaks, 8 days, 10 days, 14 days even 19 days.

I now see that it is time to move on.

Now i am breaking free.

I don't need this stuff.

I am leading a happy life without it.

I am happy being a guy who does not have to put up with addiction and bad habits.

It's not a question of how long I can torture myself for, it's the realisation that a person can change.

You can become a person who doesn't eat certain hechsherim.

You can become a person who wears a hat in the street.

And I, I became a person who does not masturbate.

Years ago I became a person who does and now I became a person who doesn't.

And here's the catch; this change did not happen on day 45, it has really been the attitude since day 10 after a particularly powerful phone call with @hbm. I am forever grateful.

There is no need for a healthy person to fall.

There is no need for a person to cave in to every will and temptation.

Once I started using that train even thought, even beshaas nisayon, it's a different game.

Imagine the feeling of someone who has never done this, when he gets a nisayon, it's a minor one.

If he has done it once, it's harder but not impossible. He knows the pleasure and doesn't yet see that the pleasure lessens each time, but it's not impossible.

Only after caving in a few times, does it feel like part of life.

And I believe that every one of us can convince himself, *and it will be a true attitude*, that he is a guy who has done it once, and falling is not part of my life.

If anyone wants to hear more about this or wants to be in touch in general on the phone feel free to pm me for my number

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Re: There must be a way

Posted by Realestatemogul - 23 Oct 2020 04:21

Wow, that really hits home! Thank you for sharing this post and thought.

I think the most important word you used in the previous post was attitude. The most fundamental part of my journey has been focusing on a healthy and positive attitude. I am not bad, even if I do bad things. I can change, if I want to change. If I lost the battle, it doesn't mean I lost the war.

A person with a different attitude is a different person! Congrats starting on halfway to 90, but already completely having the attitude of someone at 90!

Keep up the great work!

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Re: There must be a way

Posted by ??? ???? ???? ??? - 23 Oct 2020 13:32

[starting wrote on 19 Oct 2020 20:07:](#)

45 days; halfway to 90.

[...]

I don't need this stuff.

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[...]

That really resonates with me. I have looked to masturbation and as a stress reliever for a long time. Maybe 17-18 years. Since joining GYE last January, I have had a few longer streaks of not masturbating. The conclusion is exactly what you said. "I don't need this stuff." I can deal with whatever is going on for me in a healthy way.

Nice reflection, starting.

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Re: There must be a way

Posted by starting - 23 Oct 2020 14:06

Major l'chaim coming up tomorrow as we hit 50 days ly"h!!

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Re: There must be a way

Posted by starting - 29 Oct 2020 05:36

55 days

Clocking in. Haven't really posted recently...

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Re: There must be a way

Posted by starting - 02 Nov 2020 15:10

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

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Re: There must be a way
Posted by Dave M - 02 Nov 2020 15:30

[starting wrote on 02 Nov 2020 15:10:](#)

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Hatzlocho

This is one of the most powerful post I've read in a while. Short and and straight to the point.
It's not even a discussion point.

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Re: There must be a way
Posted by Hashem Help Me - 03 Nov 2020 01:12

[starting wrote on 02 Nov 2020 15:10:](#)

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

Hatzlocho

Wow. Gadlus. This post should be publicized way beyond this forum thread. Starting, time for you to start helping other guys here.

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Re: There must be a way
Posted by starting - 10 Nov 2020 20:25

67 days

Thank you guys

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Re: There must be a way
Posted by Grant400 - 11 Nov 2020 14:34

[starting wrote on 10 Nov 2020 20:25:](#)

67 days

Thank you guys

I wouldn't have thought 68,

Now I feel so much closer to heavens gate,

I used to count days for my streaks,

Now I moved on - graduated to weeks,

It's not a question how long I can take pain,

Now I know I can rewire my brain,

No more battles making me weary,

It boils down to my simple theory,

Two weeks ago I hit "50" and broke free,

Realizing, I don't do X - I do do A, B & C,

Now I know I will continue to coast,

Get ready for 90 - I know I will post,

Thinking of switching from "Starting" to "Progressed",

But I know every day is a brand new test.

--Starting

P.S. I'm sorry for budding in but I was browsing your thread and was inspired!

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Re: There must be a way
Posted by starting - 12 Nov 2020 20:49

[Grant400 wrote on 11 Nov 2020 14:34:](#)

[starting wrote on 10 Nov 2020 20:25:](#)

67 days

Thank you guys

I wouldn't have thought 68,

Now I feel so much closer to heavens gate,

I used to count days for my streaks,

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P.S. I'm sorry for budding in but I was browsing your thread and was inspired!

Wow wow! You literally took the words out of my mouth!

Warning: Spoiler!

And that delicate reminder at the end

Thinking of switching from "Starting" to "Progressed",

But I know every day is a brand new test.

is exactly the way I think I should be viewing this struggle at the stage I'm at- definitely growing big time but must be on the lookout.

Grant, what you do here is beyond words

Keep on changing lives OLAAT

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