

Freedom

Posted by Meyer M. - 04 Aug 2020 02:24

Ok here goes,

Purim 2020: Joined GYE and started working on self for pornography, SSA thoughts and masturbation, didn't really get serious till Pesach

Pesach 2020: Started pushing myself to break free, saw major success and pulled through for 3 weeks when I felt I could only do a few days

May 2020: Started 90 day challenge. SSA stopped being a constant lust a whole day although still apparent (SSA partially attributed to high lust and a small lack of happiness with relationships) stopped feeling tired a whole day, no longer felt weak all the time, physically changed a lot for the better. (Thread from here till

August: <https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/349216-Going-to-do-this>)

June 2020: Learning improved drastically when previously wasn't able to learn even for 5 minutes. Improved to nearly over an hour of steady concentration.

July 2020: All of the above mentioned changes continued and pornography/masturbation remained at zero use (all while I was going through a rough period for three weeks which was amazing considering I was depressed and normally I would act out as a result). Eventually gave in to my depression and fell at 78 days. SSA fell a lot more but the most tempting material in my head still remained.

August 2020: 90 Day challenge restarted more focused on masturbation where previously it was focused on pornography (Kept off both, just more emphasis placed on pornography). Fell once in the month. SSA has gone away. That's two goals (SSA and P) knocked out of the park.

September 2020: Lots of success but lack of words right now, updating a different time.

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Re: Freedom

Posted by Im Tevakshena Kakasef - 11 Aug 2020 10:44

Sees above message

Woah, gotta help Meyer, he's been lusting! Give him some chizuk! When was his message posted? 4:01am.

Gotta hate time differences.

More seriously, how are you coping? Keep trucking. As you said, we don't want to be slaves, except for to Hashem. Its great you had the piece of mind to come on here and post, despite the lust urges. I saw a quote on this site, I think it fits here nicely. 'Seek freedom and become captive of your desires. Seek discipline and find your liberty.'

Much hatzlocha

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Re: Freedom

Posted by Dave M - 11 Aug 2020 14:03

[Meyer M. wrote on 11 Aug 2020 04:01:](#)

Day 7: Clean

Day 8: Clean

Noticed the word masturbation, has the word 'master' in it. It takes over your life and becomes

Edit: Help....been lusting, going back and forth (I want to do it, I don't want to, I do, I don't) I

the master while you become the slave...

don't want to hit a dead end. I want to keep going.

Is there something specifically that triggered you? Or was it just urges. If it's urges, it will pass. Talk it out here.

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Re: Freedom

Posted by Meyer M. - 11 Aug 2020 14:55

Some unrequited love, honestly why am I referring to it as love? I don't even want it, it's not even realistic (Edit: It's not even them from real life it's like a film editor cleaned all the imperfections and my brain shows me that) and I don't want to love these people in these fantasies in a sexual way (Edit: Them as a friend I can see myself wanting but I'm not interested sexually) Maybe I'm looking for a connection? (Edit: Yeah I can see me wanting a connection)....But it's long gone (Edit: some of them I no longer have contact with)...I'm not understanding myself as of right now (Edit: I understand myself just not sure what to do).....any ideas?

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Re: Freedom

Posted by Meyer M. - 11 Aug 2020 22:05

Screw it. I want out and I don't care how. Just made a promise that I will NOT mb for the next 24 hours or I will pay a fine of \$100. Hopefully hitting the issue on the head will help. Pretty

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Re: Freedom

Posted by Meyer M. - 12 Aug 2020 01:00

Day 9: (Deep Breath) Clean.

Well that was hard.

And anti-climatic

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Re: Freedom

Posted by Dave M - 12 Aug 2020 01:00

Meyer - You're amazing.

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Re: Freedom

Posted by lhavestrength - 12 Aug 2020 04:49

[Meyer M. wrote on 11 Aug 2020 14:55:](#)

Some unrequited love, honestly why am I referring to it as love? I don't even want it, it's not even realistic (Edit: It's not even them from real life it's like a film editor cleaned all the imperfections and my brain shows me that) and I don't want to love these people in these fantasies in a sexual way (Edit: Them as a friend I can see myself wanting but I'm not interested sexually) Maybe I'm looking for a connection? (Edit: Yeah I can see me wanting a connection)....But it's long gone (Edit: some of them I no longer have contact with)...I'm not understanding myself as of right now (Edit: I understand myself just not sure what to do).....any ideas?

Not entirely sure I understand the situation. There are some girls you lost touch with that you would like to connect with now?

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Re: Freedom

Posted by Meyer M. - 12 Aug 2020 05:21

Both. None of them are appealing to me sexually, more of me wanting a connection as far as I

can tell but if that's not possible (well it's possible. Just creepy to go after someone like that) then why in the world is my brain twisting it the other way?

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Re: Freedom

Posted by Meyer M. - 13 Aug 2020 00:29

Day 10: Clean.

Successfully managed 24 hours and my thoughts have calmed down. Whew B'h

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Re: Freedom

Posted by DavidT - 13 Aug 2020 01:48

On of the most important step towards overcoming this struggle is to acquire Heseich Hada'as. 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.

A good area that can positively impact this struggle is developing one's overall self-control, without specifically targeting this issue. The reason for this is because when a person acts out, his fundamental problem is that he is lacking in his ability to withstand an urge; therefore, when he is faced with a difficult nisayon, he falls apart.

By giving in to every ta'avah he has, a person allows the the yetzer hora to gain a hold over him. The person must therefore back-track and work on becoming a more disciplined person in general, someone who doesn't always have to give in to every ta'avah that he has. Even if the nisayon of kedushah is too hard for him to withstand at this point, nonetheless, by working on his general self-control, he will be developing his ability to say "No", and eventually, kedushah-related nisyonos will also become easier to resist.

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Re: Freedom

Posted by Meyer M. - 13 Aug 2020 17:04

I'm seeing my resolve falter a little so I'm going to make a pact:

I will give it my all to fight this nisayon

In my 10 day streak so far I have seen another major leap in this fight, for this I will continue fighting

I will not make rash decisions that may lead me to regret them

Thats it for y'all. May we see lots of success going forward.

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Re: Freedom

Posted by Meyer M. - 14 Aug 2020 00:43

Day 11: Clean.

was going to post about how depressed I was and how I was fearing the cycle was going to continue and I had several close calls with MB today...was speaking about my grandfather today who's yartzheit is coming up and I thought to myself 'he's upstairs and I want to ask him for help'. I came on to log my progress for today on the 90 day chart and when the page reloaded it got stuck at #200 username: yosuf at level 2, chazak chazak.....I know there are coincidences, yosuf was my grandfather and I am taking this as a sign there is someone else running the show.

On day 9 I had an extremely close call and in the moment I snapped back and said I will not do this, every day since I don't know how I've been doing it but I have pushing forward with an incredible amount of strength.....'do teshuvah the size of a eye of a needle and I will make an opening the size of wagons to pass through' (something like that, I can't recall)

I will keep fighting, this is not where I will stop.

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Re: Freedom

Posted by Im Tevakshena Kakasef - 14 Aug 2020 08:42

Hi Meyer,,

I've had loads of taiva this morning, its hit me really badly. Just letting you know your post gave me a lot of chizuk. Makes me want to fight on. So thanks for that.

All the best.

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Re: Freedom

Posted by Meyer M. - 14 Aug 2020 23:23

Day 12: Trucking onward

fantasy ta'avos decreasing but the most disturbing and troubling ones are still plaguing me although with less grip than ever...I'm also a little confused...my brain is thinking of these fantasies but im physically having no reaction, it feels weird as I want to have no reaction and not have these thoughts (thoughts are inevitable though) but to have the thoughts and no reaction? I think I am making the transition back to normalcy as last time this happened it was with porn and I returned to my sense of normalcy.

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