

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 Meyer M. - 17 Aug 2020 03:47

Day 14: clean.

Level 4 completed and trucking on

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Re: Freedom

Posted by Im Tevakshena Kakasef - 17 Aug 2020 10:30

Thanks for all the updates Meyer. You're a chizuk to us all.

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Re: Freedom

Posted by Meyer M. - 18 Aug 2020 01:16

Day 15: clean.

?Had a difficult time today, did some exercise to help

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Re: Freedom

Posted by Meyer M. - 18 Aug 2020 20:52

Fell today...I can't do this anymore, every time I make progress I take 2 steps back...why am I trying?

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Re: Freedom

Posted by Gevura Shebyesod - 18 Aug 2020 21:05

You took 2 steps back but you also took 15 steps forward.

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Re: Freedom

Posted by Meyer M. - 18 Aug 2020 22:56

Day 1:

Was going to give up and forget about trying to stay clean, yes I did fall, yes I did take two steps back but like Gevura said I went 15 steps forward, I checked my diary and when I began fighting with P (non-issue at this point, only M is problematic now) I fell at 14 days, I guess this is why it's important to have the diary. Also when I fell several times I thought I did it so many times that I should give up, I checked the diary then and it was only 3 times. The yetzer hara is trying to trick me and although I fell today, I am going to give it my all this time around. May hashem help me.

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Re: Freedom

Posted by Grant400 - 19 Aug 2020 05:22

Meyer, you are amazing, and an inspiration to all, so continue fighting for us too!

It's hard but important to keep in mind that at the end of the day it isn't about the streak. It's about staying clean overall for as long as possible. Past successes will remain forever etched in stone. They cannot be undone. A fall is only a fall in that specific battle. It has zero effect on the past or the future. We cannot expect a 100% success rate constantly. We are not angels. Be proud of what you did in the past, and what you will do in the future. We are cheering you on!

Grant

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Re: Freedom

Posted by Meyer M. - 20 Aug 2020 01:47

Day 2: Clean.

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Re: Freedom

Posted by Ihavestrength - 20 Aug 2020 03:21

[Grant400 wrote on 19 Aug 2020 05:22:](#)

Meyer, you are amazing, and an inspiration to all, so continue fighting for us too!

It's hard but important to keep in mind that at the end of the day it isn't about the streak. It's about staying clean overall for as long as possible. Past successes will remain forever etched in stone. They cannot be undone. A fall is only a fall in that specific battle. It has zero effect on the past or the future. We cannot expect a 100% success rate constantly. We are not angels. Be proud of what you did in the past, and what you will do in the future. We are cheering you on!

Grant

I just want to second this thought, and, in my opinion, **truth**. In my experience, a side benefit of understanding and believing this, is that there is a lot less anxiety about falling. Because, I knew that even if I fell, it ain't the end of the world. Consequently, I fell less because anxiety happened to be a massive trigger for me.

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Re: Freedom

Posted by Meyer M. - 21 Aug 2020 03:04

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Re: Freedom

Posted by Meyer M. - 24 Aug 2020 11:02

Day 3: Clean!

Day 4: Clean

Day 5: Clean

Day 6: Clean

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Re: Freedom

Posted by Snowflake - 24 Aug 2020 14:13

Keep it up!! We're here for you!!

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Re: Freedom

Posted by Meyer M. - 25 Aug 2020 02:03

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Re: Freedom

Posted by Meyer M. - 27 Aug 2020 01:49

Day 8: Clean

Day 9: Clean

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