

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. - 30 Aug 2020 03:20

Day 11: Clean

Day 12: Clean

Seeing more success and less lusting however temptations are increasing tenfold. Hashem help may I merit another week.

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Re: Freedom

Posted by Im Tevakshena Kakasef - 30 Aug 2020 17:04

What do you mean 'less lusting but temptation' is increasing? Do you mean the urges are coming more now?

Hang in there Meyer, We're with you.

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Re: Freedom

Posted by Meyer M. - 30 Aug 2020 21:09

[Im Tevakshena Kakasef wrote on 30 Aug 2020 17:04:](#)

What do you mean 'less lusting but temptation' is increasing? Do you mean the urges are coming more now?

Hang in there Meyer, We're with you.

Sorry, less need/want for lusting but increase in urges

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Re: Freedom

Posted by Meyer M. - 31 Aug 2020 01:26

Day 13: Clean. Making good progress

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Re: Freedom

Posted by Realestatemogul - 31 Aug 2020 02:06

I just read this thread from the beginning and your determination is truly inspiring!! You are so

Do you do anything else besides using GYE to fight your urges? Learning Torah, Meditating, keeping busy?

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Re: Freedom

Posted by Meyer M. - 01 Sep 2020 00:00

[Realestatemogul wrote on 31 Aug 2020 02:06:](#)

I just read this thread from the beginning and your determination is truly inspiring!! You are so

Do you do anything else besides using GYE to fight your urges? Learning Torah, Meditating, smart for coming and posting your progress everyday, as it is so helpful to stay connected! keeping busy?

Keep up the great work and every day clean is another 15 steps forward!

Learning and keeping busy is on top of my list. I am a devoted workaholic though and I don't prefer to sit around and relax doing nothing, your mileage may vary. Staying connected and using the resources here as mentioned is also critical and it's definitely ten times better to have an outside **TRUSTED** individual involved as well.

In other news: Day 14: Clean

Stay tuned...

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Re: Freedom

Posted by Meyer M. - 02 Sep 2020 00:58

Time to update my first post with the log of events!

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Re: Freedom

Posted by Meyer M. - 03 Sep 2020 00:41

Day 16: Clean!

Still going strong, updated log, feels like yesterday that I was feeling like giving up, calling it quits and here I am. And for the sake of reminding myself when I feel down: *I am happier now than when I indulged constantly. Pain still there? Sure, but I'm happier.*

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Re: Freedom

Posted by Realestatemogul - 03 Sep 2020 03:26

[Meyer M. wrote on 01 Sep 2020 00:00:](#)

[Realestatemogul wrote on 31 Aug 2020 02:06:](#)

I just read this thread from the beginning and your determination is truly inspiring!! You are so

Do you do anything else besides using GYE to fight your urges? Learning Torah, Meditating, keeping busy?

Learning and keeping busy is on top of my list. I am a devoted workaholic though and I don't prefer to sit around and relax doing nothing, your mileage may vary. Staying connected and using the resources here as mentioned is also critical and it's definitely ten times better to have an outside **TRUSTED** individual involved as well.

In other news: Day 14: Clean

Stay tuned...

I agree that an outside party can definitely be helpful! Keep up the great work!!

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Re: Freedom

Posted by Meyer M. - 06 Sep 2020 00:42

Day 17: Clean

Day 18: Clean

Day 19: Clean?

Life Curveball #????: So 'wet dreams' are not considered falls as far as a I know but here's the question: why now? I never had wet dreams as far as I can remember but then again maybe I didn't have them due to M. Is this my body's way of relieving itself since it knows I'm not going to let? (I'm not going to get into too much detail but even in the dream I wasn't giving in without a fight...pretty proud of that since as far as I know that wouldn't happen unless it's ingrained in me).

I'm told I'm supposed to ignore it and move on. Can someone explain what I'm supposed to

expect and what I'm supposed to do as I'm a little confused right now...

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Re: Freedom

Posted by Grant400 - 06 Sep 2020 01:06

When a person doesn't release the sperm then the body rids itself of it through nocturnal emissions or during any nap. It's normal and part of being a man. Nothing to worry about at all.

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Re: Freedom

Posted by Hashem Help Me - 07 Sep 2020 01:59

[Meyer M. wrote on 06 Sep 2020 00:42:](#)

Day 17: Clean

Day 18: Clean

Day 19: Clean?

Life Curveball #????: So 'wet dreams' are not considered falls as far as I know but here's the question: why now? I never had wet dreams as far as I can remember but then again maybe I didn't have them due to M. Is this my body's way of relieving itself since it knows I'm not going to let? (I'm not going to get into too much detail but even in the dream I wasn't giving in without a fight...pretty proud of that since as far as I know that wouldn't happen unless it's ingrained in me).

I'm told I'm supposed to ignore it and move on. Can someone explain what I'm supposed to expect and what I'm supposed to do as I'm a little confused right now...

Alot has been written about this. Actually you get a mazel tov. When people start breaking free from all this garbage, their subconscious revolts "What happened to that great pleasure?!" So when sleeping, it takes over and causes the wet dreams. Ignore it. Eventually it gives in and quiets down.....Meanwhile take it as a good sign that your subconscious mind realizes that you do not consciously plan on ever doing this stuff again, so Mazel tov.

Disclaimer - if one is busy lusting throughout the day and then has a wet dream, he is responsible for that...what is written above is for someone that is doing a good job of keeping his eyes and mind clean as much as is possible

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Re: Freedom

Posted by Meyer M. - 07 Sep 2020 11:21

Day 20: Clean

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Re: Freedom

Posted by Im Tevakshena Kakasef - 07 Sep 2020 19:07

Keep it up Meyer!

Just a quick warning when it comes to wet dreams. I don't know about you, but often the day after a wet dream my taiva is much higher. Just something to expect, and be ready for. Either way, best to ignore them and move on.

Only beracha

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