

Restarting the journey, after a plateau

Posted by Looking_to_improve - 13 Aug 2020 22:00

New phone, new thread, new me?

I fell today.

But for the first time in a while, it hurt. I feel it has penetrated into me and made me feel regretful.

I'm not sure what hurts more, the fall itself or the fact I can't remember the last time I felt bad like this (and that's not because a lack of falling). Strangely I fell proud that I'm internally understanding the weight of my actions (and therefore falls) for the first time in a while. For far too long I felt that when I fell, it was like breaking a diet, "oops, let's try not do that again", but not much of an internal realisation of what I've been doing. No genuine sense of regret or that I had made a bad mistake. Overall I don't think I'm in a negative place, I just want to utilise my current feelings and use it to spring back up to greater heights.

Currently this is where I think I'm at:

I think I've been falling between every 2 days and every 2 weeks, probably with this frequency since Corona and even before probably up to Jan, off the top of my head. Unfortunately I don't think I've been putting in much effort, realistically I think I've just been waiting between urges and then falling, I don't think I've done much prevention on my part.

Just got a new phone and used the opportunity to fix up my filter a bit. **For anyone reading don't delay fixing your filter, I've found it has made a huge difference.** Not to be naive but pretty sure it's mostly working correctly now, no loopholes. (I did spend quite a while today trying to find one before I fell:grimacing:) Although my goal of 90 days should not be dependent on a good filter, even though I plan on having one nonetheless.

Earlier in the year I was struggling with porn but I think that was a temporary stage, long term it was less of an issue to me than masturbation, which I've struggled with for more than the past year.

I've been re-listening to a chabura by a Rebbe on the topic and I briefly bought up that I'm struggling to him, and I plan to speak to him more about it. This week I've been putting in the effort to try not fall and think about hirhurim, whereas in the past sometimes it was a matter and of just waiting until a good time to fall, not having any real method of prevention nor of fighting the yetzer hora. Already in the past few days I have had multiple times where I could have fallen but did not, and didn't follow my urges blindly. Obviously I need to be more preventative, but I still think this is a big step up from basically just hoping never to have an urge, because that's isn't the aim, rather it is our reaction to our urges. I think with this previous mindset of mine it

was going to be near on impossible to get to 90, now I'm starting to feel more confidence that it is achievable, even if I haven't been more than 2 weeks clean in a while.

I also plan to listen to the fight by the shmuz (was there website down for anyone else recently?)

I also want to be more active in the forums, both here and in other threads. I often lurk around, but I think I should really join in a bit more.

That's it from me for now, that's a bit of a megilla to read. Drop in to say hi, I wanna hear from you guys how you are all doing in your battles, it really helps knowing that we are all fighting this war together

Looking_to_improve

Warning: Spoiler!

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 18 Oct 2020 20:35

Day 2

Went for a solid run this morning. Had a small urge this evening, but just carried on what I was doing and it passed soon after.

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Re: Restarting the journey, after a plateau

Posted by Im Tevakshena Kakasef - 19 Oct 2020 10:29

Been falling myself. But with the onset of winter zman, I hope to stay just 3 days behind you

All the best.

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 19 Oct 2020 11:48

I think a few of us have had a rough few days. Read some of your posts in the other threads, really want to respond when I have more time. Forgot how busy yeshiva schedule gets

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 19 Oct 2020 20:59

Today was decent, stayed clean bH. Looked at some triggers at lunch, and also last night which isn't great, so I'm working to block them. I generally have similar problems with my filter so I'm trying to get it solved in one go, instead of fixing one aspect and pushing the problem off to when I'm next curious, but it's a bit confusing for now, I think in gonna have to just delete some

apps. Not such a big sacrifice in the scheme of things.

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 21 Oct 2020 20:53

I slipped today and then I fell, haven't fallen like this in a while. Got up out the dust quite quickly. Didn't drop my gemoro, but broke my mug. My shoes are quick slippery, not much tread on them, and the ground was smooth.

In all seriousness, today was pretty good bH, I think I'm starting to get back to where I was with regards to controlling my thoughts. Not much more to report for now.

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Re: Restarting the journey, after a plateau

Posted by wilnevergiveup - 21 Oct 2020 21:00

[Looking_to_improve wrote on 21 Oct 2020 20:53:](#)

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You really freaked me out there, I couldn't figure out what your gemara and mug had to do with anything until...

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 21 Oct 2020 21:07

[wilnevergiveup wrote on 21 Oct 2020 21:00:](#)

[Looking_to_improve wrote on 21 Oct 2020 20:53:](#)

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Was gonna say it was in public as well. Not sure if it's funny or just in bad taste

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 21 Oct 2020 21:12

[wilnevergiveup wrote on 21 Oct 2020 21:00:](#)

[Looking_to_improve wrote on 21 Oct 2020 20:53:](#)

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Yeah, was gonna say it was in public as well. Not sure it's funny (the last message as well) or just in bad taste...

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Re: Restarting the journey, after a plateau

Posted by Im Tevakshena Kakasef - 22 Oct 2020 09:34

[Looking to improve wrote on 21 Oct 2020 20:53:](#)

I slipped today and then I fell, haven't fallen like this in a while. Got up out the dust quite quickly. Didn't drop my gemoro, but broke my mug. My shoes are quick slippery, not much tread on them, and the ground was smooth.

Had me for a second, so hats off to you. Good to see your doing better though.

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Re: Restarting the journey, after a plateau

Posted by Striving to be good - 22 Oct 2020 13:27

In all seriousness, today was pretty good bH, I think I'm starting to get back to where I was with regards to controlling my thoughts. Not much more to report for now.

You rock!

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 22 Oct 2020 21:40

Another mostly straightforward day bH. Felt a bit curious a few mins ago but think it's mostly passed.

ITK and Yeshivaguy are off to yeshiva soon, I think both this week, sounds like they won't be able to access the forum so often. We're gonna miss you guys. You are both a big inspiration, and it's been a huge help having you guys push me along the way.

I was learning alei shor today, and he quotes near to the beginning of the Sefer, '???' ?????? ?? about Rebbe Akiva and kalba savua. The main point he bought out from the '???' was that '????' '??? ?????? ?????? ?????? ??? ?????'. You guys are fortunate to be able to go back to Yeshiva, leave the distractions behind, learn and grow into an adam gadol. From what we've seen of you guys here, you already seem to be somewhat there. Make the most of it, hatzlocho with the upcoming zman, beH it should be successful, looking forward to hearing from you soon

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 23 Oct 2020 14:21

Looking forward to going into shabbos with 1 week clean. I feel like I'm getting back to the level I was before.

Have a great shabbos everyone!

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 24 Oct 2020 20:52

Shavua tov

Shabbos was pretty good bH. Friday night lying in bed I think my mind wandered a bit too much and I settled on it for too long, but overall the rest of the day I'm feeling quite positive that I'm getting back to where I was.

Should I expect withdrawal symptoms again in the coming weeks?

That's all for now

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 25 Oct 2020 13:59

Woke up this afternoon from my nap in a sweaty semi-angry mood, feeling like I need a dopamine high from a much hated activity. But afternoon seder's calling. Gonna be a tough afternoon and evening. Will try keep you posted

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 25 Oct 2020 18:14

Went back to my room after Seder, probably wasn't the best thing to do. Listened to Rav Weingberg's chabura on Yosef (someone recommended it recently) feeling a bit better, made a phone call, think I'm feeling almost back to normal

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