

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 - 25 Oct 2020 22:38

Night Seder was a bit shvach, still don't have the best schedule set out for it.

Made another phone call tonight and listened to another of Rabbi Weingberg's chaburas, quite enjoying them so far.

Think I found another problematic app on my phone that might have a loophole. A bit frustrated that my filter might not be working, but much more frustrated at myself that I bother to have a look. Really not a good idea to be searching around for loopholes given that I had some taiva earlier in the day (or really ever).

Deleted it and got it blocked before I looked at anything. Did a few sit ups afterwards as a poor excuse for a workout, while waiting to shower.

Even though I've been successful today, I still feel in a poor mood. I would have thought being omed benisayon would be a bit more joyful than this. Maybe it's because I put myself into this nisayon. Oh well

I have more to say but struggling to formulate it well, gonna leave it for another time

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Re: Restarting the journey, after a plateau

Posted by YeshivaGuy - 26 Oct 2020 00:54

If u have an iPhone lmk, I k ow how to make them safer

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 26 Oct 2020 04:49

Thanks for the offer, it's an android...

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Re: Restarting the journey, after a plateau
Posted by Grant400 - 26 Oct 2020 17:21

[Looking to improve wrote on 25 Oct 2020 22:38:](#)

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My friend, are you relying too much on your filter? From what I see you keep playing the same game. Searching for loopholes and then being upset about it (or at yourself?). Obviously one must have filters, that's just common sense. But, if filters becomes an obsession and is considered the main method to remain clean a fall is inevitable.

I was the same. Have a look at my thread "Just regular movies". I constantly made sure I never had access at all. Ever. Obsessively. Because if I did I would become a possessed demon hacking away at the keys innocently searching for "kosher" entertainment or to satisfy my

curiosity about something benign...but unfortunately I wasn't as well intentioned as I led myself to believe. (Or wanted to believe). Almost every time I would "mistakenly " end up where I shouldn't have.

I was frustrated with my filter, with the filtering company, with society for being such pigs... etc. but at the end of the day I was truthfully frustrated with myself. Because under the guise of "checking if my filter is working...or something else" was always a dash of lustful curiosity...or maybe to be honest- a truckload of good 'ol lust.

Am I as filtered to the teeth as before? Absolutely! But I don't check things anymore. I don't believe without a filter I would immediately crumble. I know that there's more to me and my resolve than just putting fences upon fences in place. I know that it's my passion and decision that's the true deterrent.

Grant

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 26 Oct 2020 18:17

[Grant400 wrote on 26 Oct 2020 17:21:](#)

[Looking_to_improve wrote on 25 Oct 2020 22:38:](#)

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Grant

First of all, thank you Grant. I just came back to my room and was probably going to fall. Seeing your message, directed to me, was enough to bring me to my senses.

I think I am overly dependant on my filter, I don't have a browser or any news. Would it be better to have more access to other (kosher)things so I don't spend time trying to break through instead? I don't have access to sports scores or anything like that at the moment. How do I build up the correct mindset about why I have a filter and not just try to test it on a semi regular basis? When I went 44 days clean, I didn't try test for the majority of the time, so I know I'm capable of not doing it.

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 26 Oct 2020 22:51

Another tough day today. BH made it through clean, but again not how I should have acted.

Had a chavrusa and felt a lot of desire to act out when it was done. Only didn't act out because I couldn't find anything to look at.

Came back to my room during dinner and felt quite similar, but saw grants message and that helped me get through until maariv. Night seder was ok, but had a vaad by a rebbe after and we did a very meaningful exercise, which pretty much cleared my mind for today.

Overall the last 2 days have been pretty poor. There have been some good moments, like when I deleted an app (in the heat of the moment)when I realised it was going to be problematic, but that only happened because I was snooping around too much. Basically I've been putting myself into situations which could become a nisayon, and emerged without slipping or falling, but that's not really an ideal day, avoiding the nisayon is what I should be doing. I think I would have fallen multiple times if I would have seen a trigger, I guess being too fussy, has helped me out for now.

I think I need a bit of a reset. Would appreciate recommendations how to do this effectively, I don't want tomorrow to continue in the same vain as these last 2 days.

That's all for now.

Looking_to_improve

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Re: Restarting the journey, after a plateau
Posted by Grant400 - 26 Oct 2020 23:18

Before attempting an answer based on my own personal experience I'd like to ask a question:
Why do you have a filter? Is it because your parents want you to? Because yeshivas rules
enforce it? Or was it a decision made purely by you?

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 27 Oct 2020 07:03

I'm a bit short on time, grant I plan to answer you later today

Feeling some desire already this morning, I don't normally feel it so much in the morning. Going
to have to be extra cautious today

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 27 Oct 2020 12:26

I have filter at the moment because our yeshiva wants us to. In the past my parents made me
get an app that put time limits on apps, but I don't think it filtered anything.

I guess now that I have one, I want to have one, but I didn't in the past, I didn't have one before
coming to Yeshiva.

Spoke to HHM just now, feeling a bit better than I did this morning. We agreed that I'll write up a
shtar not to take my phone to the bathroom

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Re: Restarting the journey, after a plateau
Posted by Grant400 - 27 Oct 2020 14:20

Here's how I see it in retrospect.

By me, I had all the good intentions and drive, I had the inspiration and the wherewithal to actually achieve my goals. The problem was I was simply doing it wrong. I was focusing all of my positive energy and enthusiasm in the wrong place. Filters. I had an incorrect understanding that that is the only way. If not I would fall. So I was constantly checking my filter because that was "allowed" in my playbook. I was considered helpless in regard to trying. My only obligation was to prevent the trying from ever succeeding.

Understanding that this wasn't the case caused me to pinpoint where to focus my attention. So the mere fact of knowing that I am capable of not falling because of my own decision, even if my "stupid" filter "suddenly " stopped working or I found a loophole (that stupid filter company!!!!), already was enough for me. I had the drive and passion already, it just needed to be redirected to the correct place with the right understanding.

But, if you only have a filter because its school rules then trying to break it or find a way around is only par for the course. It's like prison. Nobody stays in prison if there's a way out because they were put there against their will. An "I guess" like you wrote is definitely not powerful enough.

Yet at the same time there's a reason you are here on GYE. This isn't a yeshiva requirement. So obviously you do want this yourself. It's not a prison to you. It's freedom and liberty to you. So disregard your yeshivas rules, discard the "I guess " mindset. Start really feeling that you yourself want this filter. (You know it's true). Start to understand that it's in your own personal best interests to remain clean. To not corrupt yourself daily with lowly animalistic rolling in filth. Reaffirm your commitment to remaining free and secure. Feel it in your bones!

Now, why would you keep checking? Why would finding a loophole mean a subsequent fall? Why would you escape a palatial hotel room you yourself checked into? Just calmly and firmly close that door. No panic or terror necessary.

A filter is not a gilded cage, it's a magnificent place to live in freedom.

Grant

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Re: Restarting the journey, after a plateau
Posted by wilnevergiveup - 27 Oct 2020 16:18

I think simply, that many of us mistakenly feel that when we get a filter we did our part and that if anything gets through we are an *ones*, and therefore not responsible.

This may or may not be true but if we want to break free, it's irrelevant.

(It's not, by the way. There is no mitzvas *aseh* to have a filter, it there to help us not do what will harm us.)

As it says in Dov's signature, "I don't care whether suicide is *assur* or not, I don't want to do it for other reasons."

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 27 Oct 2020 18:17

Feeling a bit more back to normal now, think my desire to act out has relaxed bH

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Re: Restarting the journey, after a plateau
Posted by excellence - 27 Oct 2020 20:31

Keep going strong, Yes having a filter does help a lot and is a must as no-one is allowed to trust themselves, but it doesn't change us, as it says in the gye handbook, it's like putting a gorilla behind bars, the gorilla is still a gorilla, only we must also work on changing ourselves at the same time. I would suggest speaking on the phone to one of the gye team professionals who can guide you how to make that internal change. It is probably more effective than just posting on the forum! I really relate to your struggles, I spent my years in Yeshiva battling this.

Don't forget you are so normal that you have these struggles and with one day at a time you can achieve unimaginable heights.

Hatzlocho

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 27 Oct 2020 21:07

Thank you everyone for your messages and advice.

Last 3 days have been quite full of thoughts to act out, but I think this afternoon was the end of that period beH. The urges have subsided

I just wanna clarify a bit, when I'm feeling taiva then I try to find something to act out to. Given that my phone is filtered effectively, it means at the moment that I try to break through my filter. In general I don't just try to break through as a hobby when I'm not feeling lustful.

What I'm understanding from your messages is that I shouldn't try to test it out. Before my last fall I went 44 days clean, and I wasn't testing it, and I think I learned that thinking your filter is working well is equally as important as actually having a good filter.

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Re: Restarting the journey, after a plateau
Posted by excellence - 27 Oct 2020 21:50

Agree all the way, nearly every time I've acted out recently it's because I'm messing around

trying to find stuff that my filter didn't block. don't search stam! personal experience! it starts with a click just searching for this or that and goes on from there as we all know.....

hatzlocho, we love you.

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