

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 an 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!

=====

Re: Restarting the journey, after a plateau

Posted by Grant400 - 22 Dec 2020 22:25

[Looking_to_improve wrote on 22 Dec 2020 22:02:](#)

...and I'm back!

My filter no longer blocks posting on the forum.

I think I'm gonna restart posting a daily update here.

In true forum fashion, I had a longer message prepared with a bit of an update of where I'm holding, but I forgot to copy it before I posted. I'm outta practice. Maybe I'll give the whole shpiel some other time.

Good to be back amongst the greats of Am Yisroel!

Looking forward to growing alongside you all.

Looking_to_Improve (LTI)

Welcome back old friend!!

=====

Re: Restarting the journey, after a plateau

Posted by excellence - 22 Dec 2020 22:27

It's so good to have you back, been thinking bout u a number of times, Tischadesh on your new car, can't believe your at 33 days already, what an inspiration. looking forward to your daily does of energy.

keep on speedin, n dont forget to take me with ya!

excellence

=====

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 23 Dec 2020 22:28

Thank you all for your kind welcome, it's great to be back!

Update

BH I'm currently 34 days clean, and my previous 2 streak were 44 and 33 days clean. Before these 3 streaks I think I rarely made it over 3 weeks clean. I've had a lot of menuchas hanefesh over these last 3 streaks, many days go by and I have very little or no struggle. It's very reassuring, and I'm very grateful to HKB"H for this period, it gives me a lot of confidence going forward.

I spoke once in person to a Rebbe about my struggle at the beginning of this period, and I've been in contact with a mentor from GYE about it. I email him most days and we call every few weeks. I've found opening up and hearing another persons voice makes a big difference to me, opening up on the forum didn't have the same degree of an impact. If you feel like you've been posting on the forum and you feel stuck in a bit of a rut, maybe consider reaching out to someone from GYE over the phone, or a Rebbe. Don't underestimate the forum either, consistently posting also has a big impact.

I've also been messaging guys on the forum here and there occasionally, I'm very fortunate to be around such a great crowd, and I look forward to getting to know those who've joined, in the time while I've been unable to post.

Since I last fell, I've installed webchaver on my phone, with my mentor and also another friend as the chaverim. I don't know if it would be good to open up a bit to my friend about it, or would it be best to save him my burden. I'd be interested to hear what your thoughts are. I don't think its a necessity at the moment, but perhaps it may be useful.

I don't know if it's a cause or an effect of this period being easier, but my davening has improved

over this period and is consistently with better cavono than before. I'm trying to make the most of it, by continually davening to Hashem for success in this inyan.

Day 34

Mostly straightforward day today bH. Our schedule in yeshiva has been a bit disrupted this week, which means I sometimes end up in a more vunderable mood than I normally might be, but beH we should be back to normal sedorim soon, and bH I think I've been coping well so far, no major issues.

oh well. Maybe I'll post a bit more background to my struggles, although I've posted about it in the past.

=====

Re: Restarting the journey, after a plateau
Posted by Zedj - 23 Dec 2020 23:07

Hi L.T.I,

Welcome back!

Looking forward to hear more of your story.

I have to agree with you, posting on the forum helps but calling/talking to a GYE member or anybody is a game changer.
I forgot I was never good at keeping my posts short,

All the best!

=====

Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 24 Dec 2020 19:01

Day 35

5 weeks!

A straightforward day bH, not much to report. Was a bit stressed early but I'm feeling back to normal now. We have a program tonight in yeshiva, so writing this earlier than normal, don't think I'll have an opportunity later

=====

=====

Re: Restarting the journey, after a plateau
Posted by excellence - 24 Dec 2020 21:47

=====

=====

Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 25 Dec 2020 13:14

Day 36

Hope you all fast well, and have a great shabbos!

Not much to say about today bH. Just taking it slow while I'm fasting

=====

=====

Keep on racing!
Re: Restarting the journey, after a plateau
Posted by Realestatemogul - 25 Dec 2020 16:47

Hey LookingToImprove!

I just read through your last few pages and you are doing amazing!! More important than your 90 days, is the steady progress you have made. Every time you manage to do another streak is a tremendous building block. Kudos to you on having strong filters as that is a game changer!

You are an inspiration to all of us! Keep up the great work!

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 26 Dec 2020 17:07

[Realestatemogul wrote on 25 Dec 2020 16:47:](#)

Hey LookingToImprove!

I just read through your last few pages and you are doing amazing!! More important than your 90 days, is the steady progress you have made. Every time you manage to do another streak is a tremendous building block. Kudos to you on having strong filters as that is a game changer!

You are an inspiration to all of us! Keep up the great work!

Thank you REM, I really appreciate it.

Although I'm yet to reach 90 days, I very much feel like I'm holding in a good, healthy place at the moment bH.

Funnily enough I struggled with trying to break through my filter often, but now that I got webchaver I find that I stopped trying. In a weird way, sometimes it's more important thinking that your filter works, rather than actual knowing it. (Although a functioning filter is also important)

=====

Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 26 Dec 2020 21:28

Day 37

Shabbos was good as it normally is bH, went for a run on motsei shabbos and made some phone calls, to keep me busy.

=====

Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 27 Dec 2020 22:59

Day 38

Not much to say today bH, went for a run tonight again to keep myself busy

=====

Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 28 Dec 2020 22:15

Day 39

Feeling overwhelmed by stress today, bH I don't feel any urges, but not really in a healthy place. Gonna speak to a Rebbe tomorrow, beH I'll feel back to normal

=====

Re: Restarting the journey, after a plateau
Posted by Zedj - 28 Dec 2020 23:47

Hi L.T.I,

I hope you get out of your "unhealthy man box" and get into your "happy good mood man box"!

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 29 Dec 2020 22:13

Thank you Zedj!

Day 40

Still feeling stressed today to a lesser degree, but bH didn't have any urges. Went for a run again tonight to try be a bit preventative given that I'm a bit more vunderable than normal.

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 30 Dec 2020 21:52

Day 41

Feeling pretty much back to normal, bH was able to focus and have kavono during davening, wasn't feeling distracted by the stress, as I was over the last few days

=====