

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!**

=====

Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 31 Dec 2020 00:08

---

Struggling to sleep. I read a bit and did some sudoku.

Going to finish up browsing the forums and then lock myself out my phone with zen mode. Even if I don't feel any taiva or urges now, I still want to be cautious given that I'm still up so late

=====

Re: Restarting the journey, after a plateau

Posted by excellence - 31 Dec 2020 06:48

---

Wow true Gevuras Hanefesh/Self Control.

=====

Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 31 Dec 2020 07:06

---

[excellence wrote on 31 Dec 2020 06:48:](#)

Wow true Gevuras Hanefesh/Self Control.

Thanks, but that's an exaggeration. The only struggle I had last night was to fall asleep, I didn't have a desire and taiva to act out

=====

Re: Restarting the journey, after a plateau

Posted by excellence - 31 Dec 2020 18:16

---

[Looking\\_to\\_improve wrote on 31 Dec 2020 07:06:](#)

Thanks, but that's an exaggeration. The only struggle I had last night was to fall asleep, I didn't

have a desire and taiva to act out

That's a mistake. Gevuras hanefesh includes making sure we don't get near the pitfalls, and that's what you did. Your actually beating the Yetzer hora much more this way, because he knows that if we get close at some point we will fall.

=====

Re: Restarting the journey, after a plateau  
Posted by Looking\_to\_improve - 31 Dec 2020 22:53

---

[excellence wrote on 31 Dec 2020 18:16:](#)

[Looking\\_to\\_improve wrote on 31 Dec 2020 07:06:](#)

Thanks, but that's an exaggeration. The only struggle I had last night was to fall asleep, I didn't have a desire and taiva to act out

That's a mistake. Gevuras hanefesh includes making sure we don't get near the pitfalls, and that's what you did. Your actually beating the Yetzer hora much more this way, because he knows that if we get close at some point we will fall.

Perhaps, I don't know the exact gedarim of what's considered gevuras hanefesh. I just felt a bit flattered, given that it really wasn't much in the moment.

=====

Re: Restarting the journey, after a plateau  
Posted by Looking\_to\_improve - 31 Dec 2020 23:07

---

Day 42

6 weeks

Wow, that's passed quickly. Very grateful to HKB"H for bringing me this far, and for being a lot less though than expected, and especially grateful for the days when I didn't even have any thoughts on these inyanim, on those days you feel like any other regular guy.

Today in yeshiva was a bit shvach, probably because I was up late. Couldn't focus so well during shiur and also during night seder. Also felt a bit down tonight and lonely. Made some phone calls to family but still feeling a bit depressed. Been a weird mix of emotions over the last few days. BH didn't feel an urge to act out, but I can see myself looking for an escape from reality if I'm not careful.

=====

Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 01 Jan 2021 14:12

---

Day 43,

Slept a lot today, probably from struggling to sleep the last 2 nights. I tried to keep myself busy, and I'll need to do the same on motsei, because there's much more free time then.

Hope you all have a great shabbos!

Looking\_to\_Improve

=====

Re: Restarting the journey, after a plateau

Posted by Realestatemogul - 01 Jan 2021 17:49

---

Sorry to hear about your sleeping challenges, I know how hard that can make this challenge, but keep up the great work and stay strong!

=====

Re: Restarting the journey, after a plateau  
Posted by Looking\_to\_improve - 02 Jan 2021 22:29

---

Shavua tov

Day 44

Today is my joint highest count. BH Friday and shabbos were good, and I kept myself somewhat busy tonight. Probably could have planned out my time a bit better, but bH I stayed clean, didn't have any issues.

I have something else I might share, but need to speak it through with someone else first.

=====

Re: Restarting the journey, after a plateau  
Posted by Looking\_to\_improve - 03 Jan 2021 21:02

---

Day 45

Halfway to 90. I've never been able to say that before since I've started counting.

BH today was pretty much straightforward. Learning has been a bit worse than normal, I've had a lack of sleep for the last few nights, but bH I think I'm still doing well.

=====

Re: Restarting the journey, after a plateau  
Posted by Looking\_to\_improve - 04 Jan 2021 22:05

---

Day 46

BH a good regular day!

=====

Re: Restarting the journey, after a plateau

Posted by Realestatemogul - 05 Jan 2021 04:53

---

Not just a regular day...An extra-ordinary day!

Keep up the great work!!

=====

Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 05 Jan 2021 22:47

---

Day 47

Mostly a good day BH. Felt quite stressed tonight so went for a run

=====

Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 06 Jan 2021 21:47

---

Day 48

Busy day today, bH didn't have any urges

=====

Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 07 Jan 2021 22:34

---

Day 49

7 weeks!

BH today was a good day. Gave a chabura tonight for the first time. I think it went well.

If I don't message tomorrow, have a great shabbos all

Looking\_to\_Improve

=====  
=====