

Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 13 Aug 2020 22:00

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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 Zedj - 08 Jan 2021 06:09

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Tomorrow you will be ????? ??? ?????? ?????!

Before receiving the ????? the yiddin prepared themself for 49 days.

Keep us posted!

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Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 08 Jan 2021 14:12

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Day 50

I think I used my time effectively today, bH didn't have any issues.

Looking forward to going into shabbos 50 days clean!

Have a great shabbos everyone!

Looking\_to\_Improve

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Re: Restarting the journey, after a plateau

Posted by excellence - 08 Jan 2021 15:40

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Wow, A true milestone. What a nice way to enter the first Shabbos of Shovavim.

Gut Shabbos,

Excellence

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Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 09 Jan 2021 21:52

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Thank you excellence, really appreciate it!

Day 51

Had a nice shabbos with a good tisch, and managed to do a bit more learning than normal.  
Stayed busy tonight, so bH haven't had any urges

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Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 10 Jan 2021 21:43

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Day 52

BH a good regular day, no urges to report on

Spoke to netspark tonight, trying to get something sorted which has been a problematic for a while. BH it hasn't been an issue recently, but I would like to close it off completely

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Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 11 Jan 2021 22:27

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Day 53

BH a good day. Had a bit of an urge today, just before I had a nap this afternoon, I haven't had one in a while. BH it was gone by the time I got up

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Re: Restarting the journey, after a plateau  
Posted by Looking\_to\_improve - 12 Jan 2021 21:57

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Day 54

Went for a run tonight. BH today was good

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Re: Restarting the journey, after a plateau  
Posted by Looking\_to\_improve - 13 Jan 2021 22:19

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Day 55

BH a good day today

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Re: Restarting the journey, after a plateau  
Posted by Looking\_to\_improve - 14 Jan 2021 22:14

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Day 56

8 Weeks

Decent day today, bH. Was feeling a bit down tonight, and I didn't have such a great night Seder. I was in my room alone at one point, but I realised I couldn't start having bad thoughts, because that would lead to a slippery slope.

Later I went to a shiur on Ramban, and this part on Hashem removing Pharaoh's free will struck a chord, (maybe have a look at the whole piece, I was gonna say something about how it relates to us, but it's getting too late)

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[www.sefaria.org/Ramban\\_on\\_Exodus.7.3.1](http://www.sefaria.org/Ramban_on_Exodus.7.3.1)

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Re: Restarting the journey, after a plateau  
Posted by Looking\_to\_improve - 15 Jan 2021 14:14

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Day 57

Used my time well today

Have a great shabbos everyone!

Looking\_to\_Improve

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Re: Restarting the journey, after a plateau  
Posted by Looking\_to\_improve - 16 Jan 2021 20:54

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Day 58

Had a nice shabbos BH. Didn't use my time so well tonight, but trying to get an earlier night, my sleep schedules been getting later, and I don't think that would do me any good in this area, so trying to make a change.

Shavua tov

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Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 17 Jan 2021 06:25

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Took me a while to fall asleep last night. Eventually I got out of bed to do some sudoku, to make me feel tired. After a few mins I felt an low to medium urge to act out. I haven't had one like that recently.

My phone was in zen mode(everything gets blocked for an hour or two), but I was concerned about acting out when it ended. (If it ended, I was planning to post here and restart it for another 2 hours, the maximum interval, but who know what would have happened)

I davened to Hashem, saying I really don't want this. You've given me this beautiful koach, but I really don't want to use it before I'm married. I don't want to continue viewing women as objects, and head back down the slippery slope that it leads to.

I went to the bathroom and tried to say asher yotzar with a lot of cavono.BH I went to bed clean last night

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Re: Restarting the journey, after a plateau

Posted by excellence - 17 Jan 2021 09:01

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[Looking\\_to\\_improve wrote on 17 Jan 2021 06:25:](#)

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You have no idea how much these sort of posts inspire me..... it takes such willpower..... incredible....

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Re: Restarting the journey, after a plateau  
Posted by Hashem Help Me - 17 Jan 2021 12:10

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[excellence wrote on 17 Jan 2021 09:01:](#)

[Looking to improve wrote on 17 Jan 2021 06:25:](#)

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Actually it takes planning. Knowing in advance that these urges are temporary, knowing that speaking it out to Hashem works, and knowing why you want to stay clean, all create a matzav that one does not panic when an urge hits. "I know what to do, I switch into that mode, and iyh I will be ok".

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Re: Restarting the journey, after a plateau  
Posted by Looking\_to\_improve - 17 Jan 2021 15:26

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My afternoon seder chavrusa has an interview or something today, so he had to leave halfway through. Feeling a bit of an urge now.

Going to try do some shnayim mikra now, maybe listen to a shiur on shovavim.

Will keep you all posted

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