

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 Hashem Help Me - 28 Oct 2020 02:56

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Filters are necessary to avoid having the garbage too easily accessible. At an impulsive moment or after a major trigger, having that filter is a major game changer. At the same time you are rewiring your brain to change your default setting of using acting out as your escape from stress etc. As is very common, you are being very tough and judgmental on yourself. You would give much more leeway to a chaver who was describing the roller coaster you are experiencing. Bh you are focused and have who to share with. Just keep moving forward. You may get bumps and scratches as you traverse the forest, but there is sunlight shining in the distance.....and believe it or not, lots of rays are getting through the tree canopy above already.

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Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 28 Oct 2020 18:13

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Day 12

Been a very good day bH. Had one or two urges, but didn't dwell on them, or make them into a 3 day ordeal. Probably not going to be able to write later tonight, there's normally a shiur tonight that runs quite late.

Signing off for today

Looking\_to\_improve

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Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 29 Oct 2020 18:16

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Day 13

Felt a bit weak earlier(not exactly an urge, but not nothing). Had something to eat, and my dad called when I had free time, so feeling back to normal now and in a good mood.

2 week tomorrow beH

Thanks for all the support on my last post!

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Re: Restarting the journey, after a plateau  
Posted by Looking\_to\_improve - 30 Oct 2020 11:45

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2 weeks today

Very happy to be here bH. Had a difficult 3 day period, but mostly good other than that. I think keeping up my streak is gonna now be a factor in my motivation, but I also need to watch out over the next 2 for withdrawal symptoms.

My davening has improved a lot this week, I got a sefer that's helped me a lot, and also to be more consistent. I need to continue davening for us to have success in our battles.

Motsei shabbos is very long in Israel now, the clocks just changed, so will have to make sure I have things to do.

That's all for now, today's been pretty straightforward, shabbos is in early now, so today's quite busy.

Have a great shabbos!

Looking\_to\_improve

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Re: Restarting the journey, after a plateau  
Posted by excellence - 30 Oct 2020 15:22

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Yes Shabbos afternoon was and is often the hardest part of the week for me, Wishing you a smooth Shabbos.

Mazal tov on reaching this milestone of 2 weeks, we cannot fathom what Nachas ruach this is to HKBH. This Shabbos is the Parsha of nisyonos. we mustn't forget we will never be given a

nisoyon if we don't have the tools/power to, with time overcome it.

we say everyday in davening ?????? ??? ?????, which can be translated that 'Hashem only gives snow according to how much wool there is'. meaning Hashem only tests us according to our capabilities in overcoming the Nisoyon. See how much belief he has in you.

MANY BELIEVE IN GOD, BUT NOT MANY BELIEVE THAT HE BELIVES IN US. we are his beloved children who we refer to in davening before shemone esreh as ??????-friends of HKBH, thats how close he is with us.

Anyway have a wonderfull Shabbos from your Chaver here in Europe.

were all connected! we have common goals!

Hatzlocho rabo,

Gut Shabbos

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Re: Restarting the journey, after a plateau  
Posted by Captain - 30 Oct 2020 15:43

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My davening has improved a lot this week, I got a sefer that's helped me a lot

Which sefer? I want to try it too.

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Re: Restarting the journey, after a plateau  
Posted by Looking\_to\_improve - 31 Oct 2020 16:45

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Thank you excellence, that's a very powerful idea.

Hope you had a great shabbos from a fellow European.

Captain, the name of the Sefer is pathway to prayer, it's like a interlinear siddur for shemona esrai, with a bit more ideas in the translation. I've also been trying to focus on shem Hashem and elokim when I say them, I think orach chaim simun hey says the cavono we should have. It's very difficult for the whole of davening, but I try to have it in mind for at least shemona esrai.

Day 15

Shavua tov, hope you all had an amazing shabbos.

Shabbos was very nice, going for a run now, and have some phone calls to make when I get back, and then a melave malka so I think I should be preoccupied tonight.

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Re: Restarting the journey, after a plateau  
Posted by Looking\_to\_improve - 01 Nov 2020 22:19

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Day 16

Very straightforward day bH.

Update from last night. Kept myself busy on motzei, pretty much did what I said I would, and had a melave malka so that made the time pass by.

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Re: Restarting the journey, after a plateau  
Posted by excellence - 01 Nov 2020 22:46

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wishing you an easy day 17 too!

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Re: Restarting the journey, after a plateau  
Posted by Looking\_to\_improve - 02 Nov 2020 22:12

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Day 17

Very straightforward day again, bH.

I'm amazed at how some days you can't keep your mind clear of urges and negative thoughts, and other days it takes almost no effort to keep them out.

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Re: Restarting the journey, after a plateau

Posted by excellence - 03 Nov 2020 06:42

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Looking forward to you reaching day ??-18, giving you a new lease on life!

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Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 03 Nov 2020 20:54

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Day 18

Another straightforward day again bH. Had a few images pop into my head today, but didn't have any real urges.

It feels boring to have nothing to share this whole week, but if being clean is boring, then I'm quite happy to be boring.

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Re: Restarting the journey, after a plateau

Posted by excellence - 03 Nov 2020 21:13

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Oh, Dont worry this the sort of news were looking to see!

Oh, How many people wish this is what they could write.

Keep going & making all of the team proud!

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Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 03 Nov 2020 21:15

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[excellence wrote on 03 Nov 2020 21:13:](#)

Oh, Dont worry this the sort of news were looking to see!

Oh, How many people wish this is what they could write.

Keep going & making all of the team proud!

Thank you excellence! I really appreciate your support!

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