

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 - 11 Nov 2020 18:15

Day 26

Another clean day so far bH. Probably won't have time to update later tonight.

I realised today that over the last 70 days (this streak plus 44 days in the previous one) I've fallen 3 times, all over the course of 2 days. I feel like I'm starting to see my progress when I view it in this way. Very grateful to HKB"H that I've been progressing, and been feeling more relaxed about this battle recently.

=====

Re: Restarting the journey, after a plateau

Posted by Captain - 11 Nov 2020 19:08

This is a great point. The reason behind the 90 day chart is that it is a milestone in overcoming addiction and helps rewire the brain. But it's far from the only goal. And for all the other goals, other ways of counting, such as the way you mentioned, are so valuable.

I think it's important to count both ways:

- 1) The journey to 90 days.
- 2) The overall progress of the last 90 days.

And perhaps a third way: how many times in the last 90 days I said no to myself, even for a short time.

Hatzlocha

=====

Re: Restarting the journey, after a plateau

Posted by excellence - 11 Nov 2020 19:08

Wow, thanks for being our inspiration. 26=name of Hashem. What a Kiddush Hashem that in a generation like ours where the battle is so fierce we have such Giborei Koach.

once heard, just like a candle before it goes out it flickers feverously trying to grasp onto its last bit of life, so too the yetzer hora knows that he is going to die very soon and is flickering away with every ounce of his strength to try and ensnare us before he is wiped away forever with Moshiach very soon. Amen.

=====

=====

Re: Restarting the journey, after a plateau
Posted by excellence - 11 Nov 2020 19:13

captain wrote: And perhaps a third way: how many times in the last 90 days I said no to myself, even for a short time.

This to me is ever so important, if we believe so much in the severity of this nisayon, so too we MUST appreciate how much every time we say no is so tremendously Chasuv before HKBH.

we must not underestimate this. Every No brings upon us a ruach of Kedusha that's impossible to fathom.

=====

=====

Re: Restarting the journey, after a plateau
Posted by excellence - 11 Nov 2020 20:23

Btw can anyone please teach me how to quote another user at the beginning of my post (in grey)?

Thx

=====

=====

Re: Restarting the journey, after a plateau
Posted by Grant400 - 11 Nov 2020 20:49

[excellence wrote on 11 Nov 2020 20:23:](#)

Btw can anyone please teach me how to quote another user at the beginning of my post (in grey)?

Thx

On the bottom right corner of every post there's a grey button that says quote, you click that.

=====

Re: Restarting the journey, after a plateau
Posted by wilnevergiveup - 12 Nov 2020 06:18

[excellence wrote on 11 Nov 2020 19:13:](#)

captain wrote: And perhaps a third way: how many times in the last 90 days I said no to myself, even for a short time.

This to me is ever so important, if we believe so much in the severity of this nisayon, so to we MUST appreciate how much every time we say no is so tremendously Chasuv before HKBH.

we must not underestimate this. Every No brings upon us a ruach of Kedusha thats impossible to fathom.

I feel it's also important to understand that this is not just about bringing *nachasruach* to HKB"H. While that surely is true the goal should be more than giving Hashem *nachas* it should be to bring before Hashem a growing person, someone who is better today than he was yesterday.

When you tell yourself no, even if it only for a few minutes, you are training yourself little by little to live without this. Every time you hold yourself back you are growing to a new level and that is what Hashem is the most proud of.

Hashem doesn't want us to suffer, He wants us to overcome our challenges. The suffering isn't the goal, the overcoming them is, when we overcome a challenge we grow and move on to the next task. This is what makes Hashem the most proud, when we graduate to the next level and then the next one until we are right next to Hashem Himself.

Hatzlacha!

=====

Re: Restarting the journey, after a plateau
Posted by excellence - 12 Nov 2020 06:24

Thanks for taking time to reply. Fully agree. all I meant to say is that when we have setbacks we tend to feel very guilty before HKBH, so my point is that if thats the case then every time we say no, we must feel ever so proud before Hashem.

=====

Re: Restarting the journey, after a plateau
Posted by wilnevergiveup - 12 Nov 2020 06:34

[excellence wrote on 12 Nov 2020 06:24:](#)

Thanks for taking time to reply. Fully agree. all I meant to say is that when we have setbacks we tend to feel very guilty before HKBH, so my point is that if thats the case then every time we say no, we must feel ever so proud before Hashem.

Thanks n love your username.

I wasn't disagreeing, just giving a different angle of the same concept that I found to be more helpful as unfortunately, giving *nacahs ruach* to Hashem was just never a real motivator for most of my life. Progress however was a huge one, but it's the same concept.

Thanks

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 12 Nov 2020 22:36

Day 27

Clean bH

Keeping it short and sweet today

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 13 Nov 2020 12:54

Day 28

4 weeks clean today bH

Hope everyone has a great shabbos!

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 14 Nov 2020 23:10

Day 29

Negatives

Feeling quite stressed, and I think I could be like this for a while

When I'm stressed, often my thoughts echo around my head and I only make myself more stressed

Positives

Last time I felt similar levels of stress, my brain couldn't also think about acting out, and I went a while clean

Today was clean

30 days is coming up tomorrow

=====

Re: Restarting the journey, after a plateau

Posted by wilnevergiveup - 15 Nov 2020 12:46

[Looking to improve wrote on 14 Nov 2020 23:10:](#)

Day 29

Negatives

Feeling quite stressed, and I think I could be like this for a while

When I'm stressed, often my thoughts echo around my head and I only make myself more stressed

Positives

Last time I felt similar levels of stress, my brain couldn't also think about acting out, and I went a while clean

Today was clean

30 days is coming up tomorrow

Hey there I hope you feel better soon. I for one struggle a lot when stressed so I cannot really relate. I find myself generally less productive when stressed, even though our elevated stress levels actually are supposed to make us more productive.

GYE has some great resources for dealing with our emotions, it may be k'dai to check them out, [Inspirational Videos](#) and [Dealing with Depression](#) (it's not just depression, it's general emotional struggles as well)

Here is one video that I found particularly helpful [Going Through It, Growing Through It](#)

All the best

=====

Re: Restarting the journey, after a plateau
Posted by YeshivaGuy - 27 Nov 2020 06:56

How we doin Buddy?

=====