

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 Looking\_to\_improve - 26 Jan 2021 21:20

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I fell tonight, I masturbated after the chavrusa

I'm disappointed in myself.

I'm annoyed at what I did on Friday, it raised by desire to act out pretty much every day since then, but on the other hand I'm quite happy that I lasted this long since then. ?Thank you for all support over the last few days.

Need to try get myself looking forward again, and quickly. It's easy to say, but much harder to internalise. I acted out again in the process of writing this, about an hour after the first time. 2nd time I watched porn for an minute or two. The first clean day of a new streak can be as hard as a whole week combined later on. It's easy to think that you want to 'get your moneys worth' and act out a few times over the period of a few days.

Right now I think my goal should be going to sleep tomorrow night with a clean day under my belt. It's small and achievable, but will also be hard.

### **Positives to try take away**

I went 68 days clean, over 2 months. I've never been clean for that long since I started keeping track. I've been progressing a lot as well, my last few streaks have been 68, 33,1,44. Before these few, I'd barely gone above 3 weeks, so it is reassuring to see I'm improving. Also I've had menuchas hanefesh over many days, especially these last few streaks, which is promising.

Where to go from here, I'm not quite sure. I need to think and contemplate about what I can improve on.

This seems like a bit of an incomplete post, I feel like there's more to say, but I don't really know what. Maybe I'll post again later

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Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 26 Jan 2021 21:30

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When I acted out, it was kind out of frustration if that makes sense.

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Re: Restarting the journey, after a plateau

Posted by Sapy - 26 Jan 2021 23:16

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It hurts. I really feel pained for you, when I fell like a month ago, I sat in my car, and I just almost cried, I felt so disappointed in myself, I didnt feel that sad in a long time. Where do I go next? what am I supposed to do? All those questions swirled in my head.

It wasn't that long of a streak, I never yet made it to 68, but I felt lost.

But please know, that you are a good person, and I followed your journey, you worked hard, and you will get there. You have 68 days that define you more then a few hours after a long fight.

You will iyh find the encouragement to stand up again, and even if you feel down, and your trying to make sense of all of this, dont let this define you. And try as mu h as you can to lift your head just a little more, and give yourself a warm smile...

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Re: Restarting the journey, after a plateau

Posted by YeshivaGuy - 26 Jan 2021 23:50

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[Looking\\_to\\_improve wrote on 26 Jan 2021 21:30:](#)

When I acted out, it was kind out of frustration if that makes sense.

I totally relate. We grow up using this as a way (albeit destructive) to express anger/frustration/stress etc...

We're like babies learning to walk. We take a few steps then fall down etc and repeat.

And each time we walk, fall, and walk again, we are growing. Same here... (I'm not getting into how this works with bechira and schar vOnesh)

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Re: Restarting the journey, after a plateau  
Posted by Ish MiGrodno - 27 Jan 2021 03:18

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Baruch HaShem you're doing very well! Keep ur head up and don't forget to smile!  
We are here to help you, Izak.

If you ever need to, feel free to PM one of us to strategize, vent or just for a shoulder to cry on...

?We feel your pain and "have your back" 100%

IMG

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Re: Restarting the journey, after a plateau  
Posted by Grant400 - 27 Jan 2021 05:33

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Mazal tov on 68! You are one of the heroes here. A true role model.

Keep climbing,

Don't let nothing stand in your way,

Keep believing,

Pay no attention to what they say,

Up is where you belong,

It's dark and lonely down below.

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Re: Restarting the journey, after a plateau

Posted by Hashem Help Me - 27 Jan 2021 05:38

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Ouch.

But how are we celebrating 68?

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Re: Restarting the journey, after a plateau

Posted by excellence - 27 Jan 2021 10:00

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Dear my dear friend, Looking to improve,

When I first saw your post last night, my immediate reaction was a true sense of pain/feeling for the test you are being put through now. The ups and the downs. I honestly felt like crying. I both went to bed and woke up thinking about you. I Davened for you too.

It is really not easy, in fact it is really hard. We all know too well this 'down' feeling after falling especially after a long streak. I was doing this for many years. I also had those times where I felt it coming and eventually it did, but know that pushing it off as much as possible is a big tool in breaking free. I can also testify that every time we fall and get back up again it's a huge step closer to breaking free. Strengthening ourselves immediately after a fall is a very powerful tool, it gives us the ability to rewire our brain, because we are sending messages to our brain that

even though we feel down, falling further in this area is not how I deal with these down feelings. In fact I pat myself on the back for my progress until now and I move on. I've been closely monitoring your progress, written with such honesty and clarity. You're actually a stage closer to breaking free than before you fell because this is the way we eventually break free, by keeping at it, by continuing to fight. During war soldiers can't afford to take a break

What's ever so important at the moment is to be careful not to doubt your ability to one day break free. I guarantee you that you can get there, and will do, if you keep at it. You have such a beautiful life ahead of you. So many people will be jealous of you one day.

Continue being a source of inspiration to all.

Over the past 68 days you've grown as a person in a tremendous way, you've given yourself the greatest gift of all -self-discipline. This will help you in all areas of life.

It's amazing that you only viewed porn for 2 minutes. That itself is mussar to me. Also very important is that 66 days is not about reaching day 68 it's about 68 single clean days, it's about getting through one day, 66 times. That can never be taken away from you. The yetzer hora often tells us were back at square one. It's the greatest LIE. You're back at where you left off with a small hump on the way.

I guarantee you that you can get there.

Now I request and beg you, for the sake of all of us, don't stop posting, continues we need you.

With nothing less than true love & admiration,

Your brother, Excellence

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Re: Restarting the journey, after a plateau  
Posted by excellence - 27 Jan 2021 14:13

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Just 2 more points I missed out in my recent post.

1- What I personally find hard at the beginning of a new streak, is the tremendous desire to start seeing the numbers move on. Every day I wish I was already another few days ahead. In reality this is wrong. As Chazal tell us numerous times that our focus has to be about TODAY and only today. If we manage to get to the end of today clean we should feel fulfilled. Tomorrow

will be another today. This cannot be stressed enough. ODAAT is not just a strategy, it's an approach/ outlook with all battles.

2- The Pasuk says? ???? ?? ?????? ?????? ??? ?? ?????? I once read an explanation as follows: Hashem you know my Ta'avos, you know how hard it is and you know that I have fallen, but the comforting thing is that ?????? ??? ?? ??????- the sigh and pain that I have after the fall is likewise not hidden from YOU. YOU take that sigh and it means to you. You know it's an expression of my love of you. An expression that I care, because I do care. I don't want to fall. This is what Hashem wants to see- our reaction after the fall.

Thinking of you,

Wishing you an easy day,

Excellence

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Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 27 Jan 2021 14:21

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Wow, thank you everyone for the outpouring of support, I really appreciate you all looking out for me!

I acted out today during the lunch break. I barely had any desire, and then a minute later I went to the bathroom and masturbated. I'm not feeling so down right now, but I could have done better. I don't need to roll around in the mud just because I fell once.

I'm gonna speak to my mentor tonight, and catch up with him. Also emailed my filter company to try get the issue sorted. It's funny how there was a loophole for 50 something days, and it wasn't an issue, but I've it was semi-sorted, it became an issue again

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Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 27 Jan 2021 23:11

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BH I'm clean since this afternoon. Sounds a bit strange to say that, but makes me appreciate 68



days a lot more. Felt more vunderable than normal today and less in control of myself.

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Re: Restarting the journey, after a plateau

Posted by Realestatemogul - 28 Jan 2021 04:43

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Wow that is amazing that you made it to 68 days! You have a lot to be proud of and go celebrate!!

Sheva yipol tzadik v'kam! The secret to success if how quickly one gets back up after a fall. look back only if it will help you move forward, but don't let it drag you down.

Keep up the great work!

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Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 28 Jan 2021 22:23

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Day 1

Mostly a good day today bH. Have a taiva to look at porn now, probably best to go to sleep now.

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Re: Restarting the journey, after a plateau

Posted by Looking\_to\_improve - 29 Jan 2021 10:47

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Acted out again this morning, masturbated to porn.

I'm lacking willpower to fight right now, I need to get going again. Need to stop rolling around in the mud.

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