

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!

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 29 Jan 2021 13:38

[Hashem Help Me wrote on 29 Jan 2021 12:23:](#)

How did you watch pornography? You had previously written that the loophole was fixed?

Either way, get back up and keep climbing. Your thread is very inspiring, and iyh your ability to move on will be a chizuk for loads of guys.

It's 'fixed' but it doesn't really work, it's simple to get around. I emailed my filter company again about it.

Frustrated at the fact I've fallen again, either it means I've not made a concrete decision to stop, or I have and just can't carry out what I set out to do

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Re: Restarting the journey, after a plateau

Posted by Hashem Help Me - 29 Jan 2021 13:48

Cut it out buddy. You have already proven that you have the ability. Don't let a bump in the road get you down. We all have rough moments. Maybe reach out and start helping other guys here. It will be a strong incentive for you to stay clean. That was definitely a big part of my refuah. You don't realize how much knowledge you have acquired and how much validation, chizuk, and advice you have to offer.

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Re: Restarting the journey, after a plateau

Posted by Gevura Shebyesod - 29 Jan 2021 14:40

That low-slung, slick-tired racecar is really fast as long as the road is smooth and dry. But one little bump or patch of oil and it's spinning off into the tire wall.

Time to switch to a big knobby-tired Monsta Truck that will slog through the mud and crush whatever is in your way!

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Re: Restarting the journey, after a plateau

Posted by #makelifegreatagain - 29 Jan 2021 18:16

I feel for you so much. Its hard to get going again sometimes, especially after falling after a long streak. I may not be as smart as a lot of the people here, but I do want to share with you something that works for me when I have the urge. What I do is I listen to inspiring music, and that music almost completely undoes the urge. I go from 1 minute of coming close to falling to about 5 minutes later (or so) feeling back in control.

But this isnt a vaccine for the disease. You still need to work on yourself to keep a clean mind and move forward as best as you can. But during those moments where your concentration slips or you feel like you can't go on anymore, I have found that it can be a huge help. Give it a try!

Have a great shabbos!!

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Re: Restarting the journey, after a plateau

Posted by eom308 - 29 Jan 2021 20:19

Hashem should bless you with strength and continued success.

Go ??? ? brother - we're all in it together

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 30 Jan 2021 21:36

Day 1

BH had a nice shabbos. Spoke to a friend tonight and someone else from the forum, glad that we spoke.

Did a small amount of learning, but took it mostly easy tonight, it's been an intense week and needed a bit of a break

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 30 Jan 2021 21:49

[Gevura Shebyesod wrote on 29 Jan 2021 14:40:](#)

That low-slung, slick-tired racecar is really fast as long as the road is smooth and dry. But one little bump or patch of oil and it's spinning off into the tire wall.

But it can change direction quickly to avoid any obstacles, as long as I look far forward enough

I know I keep repeating it, but I really appreciate everyone joining in on this thread. I see many of your names in your own threads, I try following many of them, but I rarely post anywhere but here. It's a bit selfish. But it's a big mechaye having all you behind me!

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 31 Jan 2021 21:53

Day 2

Starting to get on track, BH I had a clean day.

I've been fantasising which I need to try stop, it's a bad habit I'm slipping back into. Its a much easier battle when I avoid doing it

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Re: Restarting the journey, after a plateau

Posted by Grant400 - 31 Jan 2021 22:45

[Looking_to_improve wrote on 31 Jan 2021 21:53:](#)

Day 2

Starting to get on track, BH I had a clean day.

I've been fantasising which I need to try stop, it's a bad habit I'm slipping back into. Its a much easier battle when I avoid doing it

Snow tires affixed just in time for the east coast blizzard!

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 01 Feb 2021 16:16

Feeling a bit of an urge to masturbate. Just found out a chavrusa can't learn right now. Going to listen to a short shovevim shiur, and then go do some chazoro

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Re: Restarting the journey, after a plateau

Posted by Hashem Help Me - 01 Feb 2021 16:55

We are counting on you....

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Re: Restarting the journey, after a plateau
Posted by excellence - 01 Feb 2021 21:11

[Hashem Help Me wrote on 01 Feb 2021 16:55:](#)

We are counting on you....

Me too..... and many others...

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 01 Feb 2021 22:14

Day 3

Stayed busy through dinner and night Seder. Went for a run to get my dopamine fix, and spoke to my Dad. Feeling a lot more like my real self now.

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 02 Feb 2021 11:40

Feeling a bit of an urge now. Gonna put my phone in zen mode and go to take a nap now.

Feels like I'm being attacked left, right and centre. BeH in a few weeks, if not before, I won't have any issues on a regular day, and I'll have the menuchas hanefesh I had before I fell

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