

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 - 02 Feb 2021 16:59

Acted out again this afternoon. Wasn't in a good mood, could write why, but it won't make any difference. Not even enjoyable anymore, just a bad attempt to get my frustration out

=====
=====

Re: Restarting the journey, after a plateau

Posted by Sapy - 02 Feb 2021 17:11

Did it at least help? Are you feeling better buddy?

=====
=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 02 Feb 2021 18:10

[Sapy wrote on 02 Feb 2021 17:11:](#)

Did it at least help? Are you feeling better buddy?

(Besides the fact I'm not in a good mood because I acted out...)

No, it didn't help

=====
=====

Re: Restarting the journey, after a plateau

Posted by Sapy - 02 Feb 2021 18:37

[Looking_to_improve wrote on 02 Feb 2021 18:10:](#)

[Sapy wrote on 02 Feb 2021 17:11:](#)

Did it at least help? Are you feeling better buddy?

(Besides the fact I'm not in a good mood because I acted out...)

No, it didn't help

Maybe print out this answer, and keep it for next time.... if we learn from our mistakes, it can actually be a yerideh Itzoirech aliye...

=====

=====

Re: Restarting the journey, after a plateau
Posted by YeshivaGuy - 02 Feb 2021 18:42

[Looking to improve wrote on 02 Feb 2021 16:59:](#)

May I ask what it is you're so frustrated about?

=====

=====

Re: Restarting the journey, after a plateau
Posted by YeshivaGuy - 02 Feb 2021 18:51

[Looking to improve wrote on 02 Feb 2021 16:59:](#)

Not even enjoyable anymore, just a bad attempt to get my frustration out

May I ask, dear friend, what it is you are so frustrated about?

=====

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 02 Feb 2021 21:29

[YeshivaGuy wrote on 02 Feb 2021 18:51:](#)

[Looking_to_improve wrote on 02 Feb 2021 16:59:](#)

Not even enjoyable anymore, just a bad attempt to get my frustration out

May I ask, dear friend, what it is you are so frustrated about?

A chavrusa a bit, and some things in yeshiva, but to be honest it's all just shtuss which I'm making a bigger deal out of than I need to, and I really just put myself in a bad mood by overthinking everything

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 03 Feb 2021 22:12

Day 1

BH had a 'regular' day. Wasn't overwhelmed by urges to act out. Feels like it's been a few days without a clear mind

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 04 Feb 2021 22:45

Day 2

BH also a good day today

=====

Re: Restarting the journey, after a plateau

Posted by #makelifegreatagain - 04 Feb 2021 23:58

Good to see you back in the race!

Now that you aren't being surrounded by urges, its a good time to really think about your plan for winning this war and making sure you've got as many situations covered as possible (like Boredom, depression, loneliness etc.). If you can come up with a good plan now for any of those situations it can make a huge difference in the future.

=====

Re: Restarting the journey, after a plateau

Posted by Zedj - 05 Feb 2021 06:37

One day at a time!

One battle at a time!

You've seen where you can go, you can do it again!

Keep em coming.

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 05 Feb 2021 14:23

Day 3

BH another good day, no urges to report of.

Have a great shabbos everyone

Looking_to_Improve

=====

=====

Re: Restarting the journey, after a plateau

Posted by excellence - 05 Feb 2021 14:53

Just to say I think about your willpower often. I cannot underestimate how much your helping your future marriage Bez"H by working on this now. Besides the good feeling of being in control of oneself, you will also receive the pleasure's in a permitted way one day, which is far more meaningful than stealing them now. Btw I think your name ought to be "Improving"!!

May you have an uplifting Shabbos.

Excellence

=====

=====

Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 06 Feb 2021 17:25

[excellence wrote on 05 Feb 2021 14:53:](#)

Just to say I think about your willpower often. I cannot underestimate how much your helping your future marriage Bez"H by working on this now. Besides the good feeling of being in control

of oneself, you will also receive the pleasure's in a permitted way one day, which is far more meaningful than stealing them now. Btw I think your name ought to be "Improving"!!

May you have an uplifting Shabbos.

Excellence

Thank you, it's very reassuring and heartening to here you are thinking of me. Not sure I'm gonna go through a whole shpiel to change my name...

=====

=====