

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 YeshivaGuy - 16 Feb 2021 02:09

Wow amazing man. Crazy gevura, very impressive

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 16 Feb 2021 20:38

Acted out last night and this afternoon

Disappointing

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Re: Restarting the journey, after a plateau
Posted by #makelifegreatagain - 16 Feb 2021 23:31

Its always tough when that happens. But you are still very much in the race. Like they say, the difference between a tzadik and a rasha is that a rasha fails and keeps on failing without trying to stop failing. But a tzadik is someone that fails, gets back up, and tries again no matter how many times it takes. So in my opinion at least, you are one of the biggest tzadikim on this site! Don't give up. All of us are looking up to you to try again.

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Re: Restarting the journey, after a plateau
Posted by Grant400 - 16 Feb 2021 23:43

[Looking to improve wrote on 16 Feb 2021 20:38:](#)

Acted out last night and this afternoon

Disappointing

It's tough when we misbehave. It's even tougher to break out of the cycle. But you are somebody who saw the light and grasped freedom in your very hands. Gather your strength and get back in the game. You know you can do it. ?????? ?????? ?????!

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 17 Feb 2021 21:55

Day 1

BH clean

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Re: Restarting the journey, after a plateau

Posted by Striving Avreich - 17 Feb 2021 22:31

[Looking_to_improve wrote on 17 Feb 2021 21:55:](#)

Day 1

BH clean

Great job! It's great to see you be able to get up so fast! It's a tremendous chizuk. We should all learn from you.

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 18 Feb 2021 21:20

Day 2

Good day BH

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 19 Feb 2021 14:10

Day 3

clean

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 20 Feb 2021 22:13

Day 4

BH had a nice clean shabbos and motsei

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Re: Restarting the journey, after a plateau
Posted by Looking_to_improve - 21 Feb 2021 16:16

Have an urge right now. Went to the bathroom to act out but didn't. Gonna call this a slip

Gonna go eat something and write up a dvar Torah I need to do.

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Re: Restarting the journey, after a plateau
Posted by BHYY - 21 Feb 2021 16:18

[Looking_to_improve wrote on 21 Feb 2021 16:16:](#)

Have an urge right now. Went to the bathroom to act out but didn't. Gonna call this a slip

Gonna go eat something and write up a dvar Torah I need to do.

I'd call it a victory!

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Re: Restarting the journey, after a plateau

Posted by Zedj - 21 Feb 2021 16:28

Bravo!

Keep strong..we all know the few seconds of pleasure is not worth it!

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Re: Restarting the journey, after a plateau

Posted by Lou - 21 Feb 2021 16:31

[BHYY wrote on 21 Feb 2021 16:18:](#)

[Looking_to_improve wrote on 21 Feb 2021 16:16:](#)

Have an urge right now. Went to the bathroom to act out but didn't. Gonna call this a slip

Gonna go eat something and write up a dvar Torah I need to do.

I'd call it a victory!

I would tend to agree with that!

Hatzlocha!

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Re: Restarting the journey, after a plateau

Posted by Looking_to_improve - 21 Feb 2021 22:32

Day 5

BH the rest of the day was very good

Not sure I'd call it a victory, I already started to look at something I shouldn't have. Maybe it's a
?????? victory from that point on, but as a whole I put myself in a bad situation, although it's
good I didn't go further after that

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