

Is it worth it to try this again?

Posted by optimisim - 15 Nov 2020 06:54

---

Man guys i have been around this block. I really messed up tonight. by rosh hashana time i had a streak of 30 days. It was amazing. Never did it before but the things got tough. Trying to get back. Had a good week but badd fall tonight. With a filter on my computer!. I am so jealous of the guys who could write and cry I failed on day 60!

Gosh I wishhh !! would make 60 lechaims to reach that far!

The issue is I have a hard time dealing with stress and suffer from anxiety. I am not excusing myself from any behavior. Its just that when this happens or when I hear bad news I need to calm myself down. The pandemic scares me. I know too many people who died. so i try to chill out And by me that means masturbating with any form of inappropriate material. I did exercise this week and I think it helped but man I would love to know if someone out there can give me a trick or two someone whos tried for years and failed as much as I have to tell me they actually succeeded. Yes I know people win this but I am not sure they do after a many failed attempts as myself. And yes for all those helping people I do go to therapy for anxiety. Perhaps I need a better therapist. Perhaos I need a therapist who deals with these issues. yes I am marries bh Yes I learn torah. Yes I teach torah! yes I feel like a hypocrite! Yes I have ocd! Yes I want to change ! And I really struggle with this! Please give me advice !

=====

=====

Re: Is it worth it to try this again?

Posted by optimisim - 24 Dec 2020 00:36

---

ok another day clean Thank God. For me a big trigger is when after having a bad day I tell myself at least Im getting something. The truth is Im not getting anything except guilt. (its just taking away an urge)

guilt sucks it absolutely sucks. I hate it with a passion. The truth is if passion to despise guilt is greater than my passion for porn Ill Imh be ok

=====

=====

Re: Is it worth it to try this again?

Posted by Grant400 - 24 Dec 2020 04:06

---

[optimisim wrote on 24 Dec 2020 00:36:](#)

ok another day clean Thank God. For me a big trigger is when after having a bad day I tell myself at least Im getting something. The truth is Im not getting anything except guilt. (its just taking away an urge)

guilt sucks it absolutely sucks. I hate it with a passion. **The truth is if passion to despise guilt is greater than my passion for porn Ill Imh be ok**

I believe it is greater! That's why when in the throes of guilt, you see the truth with a pristine vision and clarity. You honestly don't want to do it again, even after just having experienced the so called pleasure. That's when we make our commitment and new resolutions. But the memories of the guilt fade, and so does our convictions based upon their foundation.

That's why I strongly suggest to write yourself a letter describing your emotions after a fall. Really paint a vivid portrayal of your emotions. Read it when faced with an urge. It will change everything by reminding you of the reality of indulging. I did it. I posted it in my thread, and I take a peek when I need a boost. It works for me. I hope it will for you.

Grant

=====

Re: Is it worth it to try this again?

Posted by optimisim - 24 Dec 2020 22:30

---

Man I could use that advice. Had such a stupid fall. so so so stupid. it was after a fight with wife whos a niddah in the morning then a stressful day of teaching. Then knowing that I need to tutor a few more hours to make ends meet. Anxiety took over. wish I could have breathed it through.....

=====

Re: Is it worth it to try this again?

Posted by Hashem Help Me - 24 Dec 2020 23:34

---

Read through your posts and see how far you have come. Major change in approach and in attitude. lyh you will be helping others soon.

=====

=====

Re: Is it worth it to try this again?

Posted by Realestatemogul - 25 Dec 2020 06:12

---

Stay optimistic!! You can do it and we are rooting for you!!

=====

=====

Re: Is it worth it to try this again?

Posted by optimisim - 25 Dec 2020 20:39

---

Starting again is what makes me feel loserish. the i am 1 day clean.....

i know what or i feel i know what everyones thinking. nebach.

=====

=====

Re: Is it worth it to try this again?

Posted by Zedj - 25 Dec 2020 20:47

---

I would agree with your feelings if you give up and had not started again.

Far from loserish, you are admired by starting again.

The beginning is hard but bezh it will be better.

Wishing you much success!

Please keep posting , you can get through this.

Have a great shabbos!

=====

---

====

Re: Is it worth it to try this again?

Posted by YeshivaGuy - 25 Dec 2020 20:55

---

[optimisim wrote on 25 Dec 2020 20:39:](#)

Starting again is what makes me feel loserish. the i am 1 day clean.....

i know what or i feel i know what everyones thinking. nebach.

Funny, that's not what I was thinking.

You are a human being.

A human being has ups and downs, that's how life works.

You are normal.

Hashem doesn't expect us to "never fall."

But HE does expect us to get back up and keep working to starve HIM.

You're doing great. Keep shteiging and keep in touch!

=====

====

Re: Is it worth it to try this again?

Posted by Looking\_to\_improve - 26 Dec 2020 16:59

---

[optimisim wrote on 25 Dec 2020 20:39:](#)

Starting again is what makes me feel loserish. the i am 1 day clean.....

i know what or i feel i know what everyones thinking. nebach.

Don't feel loserish, I think you should feel immensely strong. The yezter hora's main goal isn't to

get you to fall (although he'd very much like that as well), rather it is to keep you down and rolling in the mud once you do fall. You should be very proud of dusting yourself off and restarting, often the first day is the hardest and requires the most effort.

=====

=====

Re: Is it worth it to try this again?

Posted by excellence - 26 Dec 2020 19:21

---

the first day is only hard because we tend to feel we are back at square one, which is certainly not the case. when we fall we get up from the place we fell not from the place we previously fell. whatever we achieved before the fall is ours forever.

?ODAAT isn't just a strategy, it's a fact that our duty is only to concentrate on today, not on yesterday or tomorrow. who cares whether it's day one or day 1001, today we only think about today.

=====

=====

Re: Is it worth it to try this again?

Posted by Grant400 - 26 Dec 2020 23:48

---

[optomisim wrote on 25 Dec 2020 20:39:](#)

Starting again is what makes me feel loserish. the i am 1 day clean.....

i know what or i feel i know what everyones thinking. nebach.

You are mixing up your feelings. Day 1 is the part you (should) feel good about. The day before day 1 is what you are really feeling bad about. Why are you looking at the part of day 1 representing the fact that the day before you lost? Focus on the reality of it being a day where you will start a clean streak again.

If you insist on viewing every day through the prism of its yesterday, start to view day one as tomorrow's clean yesterday.

=====

=====

Re: Is it worth it to try this again?

Posted by Ish MiGrodno - 27 Dec 2020 02:20

---

We certainly don't feel "nebach on you."

While you may be struggling in the taavah / self-discipline / anxiety area, you are very much the hero of the hour in the "courage category."

Each day has it's particular avoda. Every person has his specific avodas hashaah (see very end of last perek of mesilas yesharim- perek 26).... Embrace that avoda and run with it!

Keep us posted,

I.M.G.

=====

Re: Is it worth it to try this again?

Posted by Hashem Help Me - 27 Dec 2020 04:22

---

Looks like all these replies are trying to get optimism to be optimistic! And for the record, what the oilam wrote here is emes l'amito!

=====

Re: Is it worth it to try this again?

Posted by i-man - 27 Dec 2020 07:28

---

I actually agree with optimism - starting again should make you be loserish ??-??-??? Don't be a stranger man ! Post on the forum share your struggles with an understanding supportive group of regular guys like you are,it's helped so many of us.

As far as the nebach thing , I doubt anyone feels that way , most of us have been there done that , rarely does someone just come on here and tada

Mr kodosh vtahaor , it's a process , so give yourself a chance and don't get in the way by putting yourself down .

=====  
=====

Re: Is it worth it to try this again?  
Posted by Zedj - 27 Dec 2020 07:46

---

I actually agree with optimism - starting again should make you be loserish ??-??-??? Don't be a stranger man !

This made me smile.

Thank you

=====  
=====