

Giving it another shot

Posted by anothershot - 01 Jan 2021 06:18

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Hi! I have been coming to gye for about a year and a half but this is my 1st post on the forums.

Last year I had a clean streak of 183 days but then I fell and since then I have been up and down with smaller clean streaks and less acting out in between.

Recently though I have been falling too often so I decided even though it's difficult for me I will start a thread to hold myself more accountable.

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Re: Giving it another shot

Posted by YeshivaGuy - 01 Jan 2021 06:23

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Welcome home!

We're here for you always, no matter what.

Maybe tell us more about yourself and ur struggles?

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Re: Giving it another shot

Posted by Zedj - 01 Jan 2021 06:51

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Welcome A.S!

My first post was difficult aswell.

You will not regret it!

Care to share more details of where you are holding?

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Re: Giving it another shot  
Posted by anothershot - 01 Jan 2021 07:44

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Thanks!

I have been struggling with masturbation from a little bit after my bar mitzva and started watching porn after I got married.

I had many ups and downs before I discovered gye and I can relate to so much that other guys have posted on the forum.

Gye has definitely helped me so much already and I really hope that by posting here often I can get back to 180 plus

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Re: Giving it another shot  
Posted by anothershot - 04 Jan 2021 06:02

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I have such a urge to masturbate right now and I really want to...

BUT

I decided to post here when I feel like falling so here goes.

I know that I will regret it BIG time tomorrow.

I will wake up late...

I will have a hard time davening and learning because of the guilt.

I will be more irritable with my wife & kids

it's just not worth it!

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Re: Giving it another shot

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Posted by Zedj - 04 Jan 2021 06:10

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This is such a difficult struggle!

Others might argue but what helped me was to calm down.

Try reading a book, maybe even relax with a coffee/tea?

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Re: Giving it another shot

Posted by Grant400 - 04 Jan 2021 14:00

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[anothershot wrote on 04 Jan 2021 06:02:](#)

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it's just not worth it!

Great CBA! So, did a fleeting moment of animalistic pleasure win over a cheerful productive day?

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Re: Giving it another shot

Posted by anothershot - 04 Jan 2021 15:47

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BTW R' Grant I love your story can't wait for the next chapter!

Posted by anothershot - 06 Jan 2021 00:14

I realize that I need to work harder on eliminating triggers so that I won't relapse. Bl'n I won't go on YouTube or Facebook (unless necessary for parnassah reasons) for the next 7 days

Posted by anothershot - 07 Jan 2021 05:43

Posted by Zedj - 07 Jan 2021 06:05

And your alive!

I'm still wondering to myself if it's "worth" the risk. I go back and forth.....BEZ"H I will have the strength to do what you accomplished.

Re: Giving it another shot

Posted by Hashem Help Me - 08 Jan 2021 04:11

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Thanks for your honest and courageous posts. Iyh yo will have lots of hatzlocha.

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Re: Giving it another shot

Posted by Grant400 - 08 Jan 2021 14:07

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[anothershot wrote on 07 Jan 2021 05:43:](#)

WOW!! B"H 1 full day w/o YouTube & Facebook and I'm still alive!! "???? ?? " ?? ???!!

Here's a question: Although it was hard to resist, and the temptation was there, did it feel liberating in any way not to be tied (almost against your will) to them?

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Re: Giving it another shot

Posted by anothershot - 08 Jan 2021 17:08

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I'm on my 3rd day now and absolutely Yes I feel so much better!!

Usually I start by watching a clip that I want to see then that turns into 57 more clips.

Now when I start to think OK I want to check this thing out on YouTube or just chill for 5 minutes and watch 1 clip on Facebook I don't even start which has already saved me a couple of hours of my life!!!

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Re: Giving it another shot

Posted by anothershot - 11 Jan 2021 22:35

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I am having a rough time now feeling overwhelmed with lust and I'm scared that I'm going to fall tonight any eitzas?

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