

Lets get this party started
Posted by ?????? - 09 Feb 2021 22:33

I just joined on GYE a few days ago and I'm so excited to be starting the 90 day journey! I'm clean since last Thursday when I signed up for gye b"n. I don't know how long I'll be able to last, but with the help of everyone here and I also installed the KBA webchaver filter on my phone so already I feel like I have the advantage over my yetzer hara. I know it's definitely possible bc in the last year my longest streak was ~105 days, but I was in a place rooming with 8 other people and no internet so even if I wanted to be nichshal, it was very hard. Anyways wish me luck my friends and of course a tremendous "Hatzlocha rabbah" to all of you as well!

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Re: Lets get this party started
Posted by Benoni - 02 Mar 2021 06:07

You might remember my last goal was to stay clean until after purim. BH I made it and am still going strong. However, I've been having some issues with my filters. **I keep asking Hashem why He is making it so hard for my filters to work on my devices if I am doing it out of avodah for Him.**

Well, now my **new goal is to stop worrying about that.** I realize the more I worry and think about the filter, the more stressed it makes me and the more my mind is on the topic of *avoiding* shmutz (consequently leading my mind to think *about* shmutz). **Basically if Hashem is giving me trouble with this, its for a reason.** I think I just tend to over-worry about things like this when there's really no need to; even with my faulty filters, I have not looked at shmutz while they've been installed.

New goal: just focus on my priorities like school, work, family, and Torah. Whatever happens with my filter happens, but it's no longer going to dominate my worries.

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Re: Lets get this party started
Posted by Zedj - 02 Mar 2021 06:56

Don't forget to celebrate and realize your accomplishments...it's the fun part of this life long

Your posts keep me energized!
journey

Keep em coming!

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Re: Lets get this party started
Posted by Benoni - 04 Mar 2021 18:48

What's up my heilige chaverim

Felt like posting today because I've been fantasizing too much recently. Also had a wet dream last night prob due to my daytime fantasies. (Btw does anyone know the din of a wet dream- it's considered b'shogeg so one still does teshuva right?) BH managed to stay away from viewing physical shmutz and have succeeded with shmiras einayim so far. Now gonna try to work on . Wish me luck and as always, any eitzos y'all have are most certainly welcome!

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Re: Lets get this party started
Posted by DavidT - 04 Mar 2021 19:03

Ksav Sofer

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B'chasdei Hashem by some divine nes, I'm still clean from p and m. Regular internet addiction is still as bad as ever though. Also still having almost incessant shmutzik hirhurim. Any help to mitigate these hirhurim would be greatly appreciated. I feel like I've tried everything from . Every day gets harder for me to not fall.
My body feels like it NEEDS that "release".

It's ridiculous how naive I was at the beginning of my streak when I thought this would be easy.

learning Torah to looking up pictures of cute puppies

TL;DR: Just another Yid going through sexual withdrawal

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Re: Lets get this party started
Posted by Grant400 - 08 Mar 2021 01:56

[Benoni wrote on 07 Mar 2021 23:34:](#)

Gonna post cuz why not

B'chasdei Hashem by some divine nes, I'm still clean from p and m. Regular internet addiction is still as bad as ever though. Also still having almost incessant shmutzik hirhurim. **Any help to mitigate these hirhurim would be greatly appreciated.** I feel like I've tried everything from . Every day gets harder for me to not fall.
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TL;DR: Just another Yid going through sexual withdrawal

[Grant400 wrote on 26 Oct 2020 00:51:](#)

Here's something I posted a while back. I hope you find it helpful.

"Grant400" post=353840 date=1597612614 catid=1

I posted this originally in the balei batims forum, but I realized many don't have access so I decided to repost it here.

There is a thread that discusses this topic but when I tried to post on it it didn't work so I guess I'll start a new one.

The question was how to continue functioning and going on with daily life even while under a lust attack.

I found an interesting way to accomplish this. There is a very popular method in therapy called CBT (cognitive behavioral therapy). There is a takeoff of this called DBT (dialectical behavior therapy or something like that) which is used to deal with things like anxiety and depression which I believe can be used just the same for lust. Personally I find it really helpful and this is my main method for dealing with desire in this issue.

Here's how it works:

Let's say someone has a fear of driving a car because they are afraid of accidents. Every time they sit in the drivers seat their mind begins to obsessively tell them how dangerous it is. What they do to calm down is to answer the anxiety back and begin listing reasons why they shouldn't be concerned. What this does is create a circle of obsessing. Because as they try to convince themselves not to fear the fear fights back and it's an ongoing struggle which never ends.

In DBT the patient is taught to "accept" the thought. Meaning instead of wrestling with it make a decision of what you want to do right now, and if that decision is you want to drive the car then you tell the fear when it pops up "Hey good friend! I know you! You don't want me to drive -but I want to -so even though you make me terrified and make my heart beat faster I want to continue on with my life". Now the reason to continue with life could be because I want to drive, eat, relax...whatever but you are not going to debate and convince yourself out of the fear but

rather accept it and bring it along for the ride in the passenger seat...and continue with your life because that's what you want to do right now.

This gives one the ability to function WITH the fear. This will eventually remove the fear from your mind. Because fear is the mind's way of encouraging you to do an action to prevent danger. Anxiety is the same message when there isn't any danger. By ignoring it and not reacting eventually the mind gives up. Obviously this isn't what you are saying to yourself...your goal isn't to remove it from your mind but rather to live with it side by side. If it leaves then that is a beautiful side benefit.

So in regard to lust one can use the same method. Instead of trying to resist the desire which will just cause one to continue obsessing endlessly via saying to ourselves " wrong, disgusting, not gonna happen etc. rather accept the desire and lust. Say "yes I would enjoy that, yes that woman is beautiful, yes I wish I could be with my wife now, but I'm continuing with my life and continuing with what I was doing" without trying to change the way you feel or think. We know) if I tell you not to think of apples for a minute, all you will do is think of apples or think about not thinking about apples which is the same thing. By not engaging lust in a conversation it will be easier to continue your activities and and will eventually cause you to stop obsessing over it.

Grant

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Re: Lets get this party started
Posted by Benoni - 08 Mar 2021 02:06

Thanks for the eitzah! If I understand the pshat of what you're saying correctly, instead of eliminating the lust (bc let's face it- without a vasectomy, thats basically impossible), it's better to try and deal with the lust and direct it in a positive way? If that's correct, i'm completely maskim.

we can't eradicate a thought (think shemona esrei

By not engaging lust in a conversation it will be easier to continue your activities and and will eventually cause you to stop obsessing over it.

I will admit I am kinda confused about this part. Are you saying one should avoid flirting and sexting; or are you saying one should just not speak of lust in general- including posting on GYE?

Thanks, benoni

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Re: Lets get this party started
Posted by Grant400 - 08 Mar 2021 12:54

It isn't a literal term. Not "engaging in a conversation" means to ignore it, but not by trying to force it out of your head by thinking about something else - with the intent to eliminate the thought. What should be done is to accept the thought, not as an enemy who must be eradicated, but as a friend you are familiar with but are in no mood of entertaining. Just go on with your life and it will eventually leave when it realizes you are disinterested.

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Re: Lets get this party started
Posted by Benoni - 08 Mar 2021 13:59

Tayva will eventually leave on its own if ignored?

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Re: Lets get this party started
Posted by DavidT - 08 Mar 2021 14:47

[Benoni wrote on 08 Mar 2021 13:59:](#)

Tayva will eventually leave on its own if ignored?

Every person has his own journey and tafkid on this world. As the Tanya below teaches us that

for some people the task on this world is to ALWAYS be busy with fighting and struggling with bad desires...

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Re: Lets get this party started
Posted by Benoni - 10 Mar 2021 22:49

Yoooooo, I was just thinking of something that was so inspiring and I had to share it:

The more we do our hishtadlus to carry out Hashem's razton, the more He will provide us with nissim. Therefore, the more we try to resist our tayvos, the more He will want to provide us with the nes that is required to resist our tayvos. The self-reciprocation is freaking mind-blowing (IMO).

I hope this incoherent shtus has made an iota of sense to the actually sane chevra of GYE. This, folks, is a prime example of why you don't pull an all-nighter in the middle of the week...

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Re: Lets get this party started
Posted by Benoni - 12 Mar 2021 03:51

Hey guys,

I don't wanna get everyone all depressed, but to be honest I am not doing too well right now. I just keep dwelling on my current situation. I'm a failure in school, I'm all but unemployed, I'm underweight, I'm totally lethargic, I lost most of my good high school friends, I lost my girlfriend, and I feel and look like utter dreck. I wish I could tell you all that I am just one of the millions who got unlucky with the pandemic, but this has been going on to this degree since 2019. For the past year, I've had to put on this facade to everyone I know, and even those I don't, to make it seem like I haven't just given up on life. I actually haven't given up on life, but I just don't know what good can come from it anymore. Every time I try to do something to improve my situation, it ends up being completely futile. Believe me it's not for lack of trying. I've tried 5 different high schools, at least a dozen medications, at least 8 different therapists, and of course the best therapist there is- HKBH. I still haven't graduated or gotten a full time job yet. And the reason behind it all- my addiction to technology.
So I made it to level 5 whatever that's supposed to mean

I keep telling myself that this is just one massive nisayon from G-d and that He has given it to me because He knows I can overcome it. Only thing is that I've been waiting for the part where I can overcome it for like 4 years now. Maybe success in the traditional sense is just not meant to be for me.

Of course I feel thankful that I was blessed with spirituality, intelligence, health, supportive family, and a comfortable amount of financial stability. But I just feel like that much more of a failure that in spite of all those brachos, I've still managed to let myself and everyone else down.

I really don't mean to burden the amazing tzaddikim here of GYE with my tzorres. In fact, you guys don't even have to feel like you need to reply or help. I just really needed to write all this down. Ironically, I turn to the internet to do that despite my aforementioned addiction to the internet.

Oh well, at least I haven't jerked off in a month...

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Re: Lets get this party started
Posted by Zedj - 12 Mar 2021 05:26

don't hold back from venting, let it all out!

I don't want to burst your bubble but you **MUST** realize your accomplishments. You have a goal to be clean and every day your clean, the cleaner your clean.

30 days is huge and I hope your properly celebrating...even something small.

Progress=success

Don't underestimate your strength

Take it one day at a time!

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Re: Lets get this party started
Posted by Benoni - 14 Mar 2021 16:40

New month, new me... I hope

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