

OivedElokim-I'll never give up

Posted by OivedElokim - 21 Feb 2021 21:37

Day one.

This is my brand new thread for my brand new journey towards purity.

I will keep with me the lessons learned so far and keep my eye on the ball.

Today is the first day of the rest of my life.

A porn and masturbation free life.

A life of positivity and happiness.

A life of Torah and Avodah.

The life G-d intends for me to live.

Wish me luck.

=====

Re: OivedElokim-I'll never give up

Posted by OivedElokim - 13 Oct 2021 13:12

Fell last night. Eyes still clean.

=====

Re: OivedElokim-I'll never give up
Posted by Hakolhevel - 15 Oct 2021 22:35

[OivedElokim wrote on 12 Oct 2021 02:32:](#)

I had the conversation with one of my parents. It was difficult but I felt relieved afterwards.

I almost never give accolades on this forum, but you are a great person for doing that.

=====
=====

Re: OivedElokim-I'll never give up
Posted by OivedElokim - 10 Nov 2021 22:18

Day 3

First time I made it this far in my count in a long time...

BH

=====
=====

Re: OivedElokim-I'll never give up
Posted by OivedElokim - 11 Nov 2021 23:02

I'm sick today and I've been lying around slightly bored, masturbated. Trying to avoid the "what the heck" effect.

=====
=====

Re: OivedElokim-I'll never give up
Posted by OivedElokim - 12 Jan 2022 03:47

Hey guys it's been awhile. I'm on day 6 now. Came here to post cause I was feeling weak and

slipping. I have a knas for if I fall so that's helpful but I wanted to add some accountability so im posting here. Wish me luck!

=====

Re: OivedElokim-I'll never give up
Posted by OivedElokim - 13 Jan 2022 22:36

Day 7

Clean bh

=====

Re: OivedElokim-I'll never give up
Posted by OivedElokim - 16 Jan 2022 05:15

Fell Friday night and then again today. Someone made an insensitive comment to me today that utterly destroyed my day and sent me deeper into the throes of depression. I feel horrible about myself, my past and I don't see a future for myself in this cruel world. The pain is too much sometimes, and I can't fathom anything in life that would make this suffering worth it to endure. I just want it all to end. Feel like I'm being a bit dramatic but those were the thoughts going through my head today. Good night people.

the defeated OE

=====

Re: OivedElokim-I'll never give up
Posted by Hashem Help Me - 16 Jan 2022 12:17

Don't let a "meshugane" ruin your life. You are a good solid fellow, and you have a purpose being in this world. There are things only you can accomplish. Even your persistence in trying to overcome this challenge is an inspiration for so many and **thousands of times** you have remained pure. You have a team of guys here rooting for you. Keep on forging ahead.

One question - the falls involved watching or just masturbation?

=====

Re: OivedElokim-I'll never give up
Posted by OivedElokim - 16 Jan 2022 18:40

Thank you for the kind words.

Just masturbation.

=====

Re: OivedElokim-I'll never give up
Posted by Vehkam - 16 Jan 2022 18:43

So sorry for your pain. Perhaps you can Try to isolate the sadness. E.g. tell yourself that until this person made a comment I was OK. Right now I am feeling very very sad because of this comment. However I know this is temporary and by tomorrow or next week etc.. The sting of this person's comment will wear off. This may help minimize the bad feeling and make it easier to get through it. I know that it worked for me when I was very sad on Friday because of some thing someone said. (I also bought myself a danish!)

=====

Re: OivedElokim-I'll never give up
Posted by DavidT - 16 Jan 2022 18:46

[OivedElokim wrote on 16 Jan 2022 05:15:](#)

Fell Friday night and then again today. Someone made an insensitive comment to me today that utterly destroyed my day and sent me deeper into the throes of depression. I feel horrible about myself, my past and I don't see a future for myself in this cruel world. The pain is too much sometimes, and I can't fathom anything in life that would make this suffering worth it to endure. I just want it all to end. Feel like I'm being a bit dramatic but those were the thoughts

going through my head today. Good night people.

the defeated OE

Sorry to hear about your unimaginable pain.

It's so important to watch what we say to others, we have no idea what other people are going thru and how much a kind word can accomplish and the opposite with destructive words.

As "Hashem Help Me" wrote

You have a team of guys here rooting for you.

=====

Re: OivedElokim-I'll never give up

Posted by Hashem Help Me - 16 Jan 2022 18:47

So move on! Celebrate the fact that you have b'ezras Hashem kept your eyes clean for an extended period of time, and only masturbated due to severe pain. In reality you are in the process of graduating from masturbation too; just you need to find other ways of relieving emotional distress when it comes hard and fast in a surprising way.

=====

Re: OivedElokim-I'll never give up

Posted by OivedElokim - 23 Jan 2022 04:13

Watched porn for the first time in awhile.

=====

Re: OivedElokim-I'll never give up

Posted by omekhadavar - 23 Jan 2022 04:47

Don't let this setback derail you! Tomorrow will be a new day. Get to sleep early and wake up

refreshed, ready for the day.

=====

=====