

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 - 06 Apr 2022 19:13

Day # 6

Had a couple of close calls today, but I made it out clean so far.

????? ????????, ???"?

=====
=====

Re: OivedElokim-I'll never give up
Posted by Hakolhevel - 07 Apr 2022 03:01

[wilnevergiveup wrote on 06 Apr 2022 17:42:](#)

[OivedElokim wrote on 06 Apr 2022 02:31:](#)

Yeah I need to go back and do that first lesson again. At the time I think it helped with my motivation but it hasn't lasted.

Just had a close call in the shower, "started the process" and then pulled back because I didn't want to dissappoint my mentor or lose my streak. So that's your proof that counting streaks is sometimes helpful...

Btw, they just redid the motivation chapter and I think the new version is amazing.

That's good, honestly I did not find the original chapter helpful at building motivation. It did do a good job at making me realize how important motivation is. I hope the new version does well in both areas.

To those asking what motivates me, honestly im clean for just 40 something days which isnt mucb, so i do t consider myself a guru. If you want you can pm me.

=====
=====

Re: OivedElokim-I'll never give up
Posted by OivedElokim - 08 Apr 2022 04:35

For the first time in months, I passed the 5 day mark two days ago. I'm currently on day 7 and I'm very happy and grateful that I made it this far.

It's really hard, doesn't seem to be getting easier, and there are numerous small battles that take place on a daily basis, many of them very close calls. I think that also says something about the state of my motivation, something that could definitely use some help.

What's been working for me is daily accountability, and I plan to continue with that.

Thanks for reading.

All the best!

OivedElokim

=====
=====

Re: OivedElokim-I'll never give up
Posted by committed_togrowth - 08 Apr 2022 06:53

Amazing to hear, keep it up!

=====
=====

Re: OivedElokim-I'll never give up
Posted by OivedElokim - 12 Apr 2022 00:33

Long story short, I fell on Thursday. I wasn't very motivated and I saw something that turned me on. Because I lost my momentum, I've masturbated every day since and am now ready to hit the reset button.

I'm very proud of my 6 and a half clean days, which in the last few months I deemed impossible.

My plan going forward is frequent accountability (daily to my mentor, as well as here-as often as possible), and hopefully I'll find the strength within to use my plan (calling partners/distraction) when things get tough.

=====
=====

Re: OivedElokim-I'll never give up
Posted by committed_togrowth - 12 Apr 2022 06:13

Hi Oived,

That sounds like a good plan. Daily accountability with a partner can make a big impact.
Wishing you lots of success!

=====

Re: OivedElokim-I'll never give up
Posted by Hakolhevel - 12 Apr 2022 13:27

[OivedElokim wrote on 12 Apr 2022 00:33:](#)

Long story short, I fell on Thursday. I wasn't very motivated and I saw something that turned me on. Because I lost my momentum, I've masturbated every day since and am now ready to hit the reset button.

I'm very proud of my 6 and a half clean days, which in the last few months I deemed impossible.

My plan going forward is frequent accountability (daily to my mentor, as well as here-as often as possible), and hopefully I'll find the strength within to use my plan (calling partners/distraction) when things get tough.

You said your issue was motivation, then your plan calls for more accountability and hoping you will find the strength within to follow thru. Something doesn't make sense to me.

If your issue is motivation, then start there.

=====

====

Re: OivedElokim-I'll never give up
Posted by OivedElokim - 12 Apr 2022 18:09

Thanks for pointing that out. I'm honestly not sure about my motivation. It comes and goes. I need to figure something out in that regard.

=====

====

Re: OivedElokim-I'll never give up
Posted by OivedElokim - 06 May 2022 02:21

Hey guys, it's been awhile. Just want to post a quick update:

I've been doing great avoiding porn (over two months, BH)-thanks to good filters and WebChaver, but haven't made much progress in curtailing my masturbation habits. I can't fathom the thought of giving it up. It does so much for me, soothes a lot of pain.

That's it. No real plan going forward, just gonna keep staying away from porn and that'll be it.

=====

====

Re: OivedElokim-I'll never give up
Posted by connected - 06 May 2022 14:42

[OivedElokim wrote on 06 May 2022 02:21:](#)

Hey guys, it's been awhile. Just want to post a quick update:

I've been doing great avoiding porn (over two months, BH)-thanks to good filters and WebChaver, but haven't made much progress in curtailing my masturbation habits. I can't fathom the thought of giving it up. It does so much for me, soothes a lot of pain.

That's it. No real plan going forward, just gonna keep staying away from porn and that'll be it.

Hey, OivedElokim,

It's incredible that even though you find it nearly impossible to give up masturbation, that doesn't keep you from fighting against porn. A true Oived Elokim!

You grab what you can!

Kol Hakavod!

=====

Re: OivedElokim-I'll never give up
Posted by OivedElokim - 13 May 2022 03:05

Hey guys,

Today was my 70th day clean from porn, BH. Ordered sushi to celebrate.

It's also the day I'm starting to take quitting masturbation seriously.

I made up to go out to eat with a GYE friend if I make it to 10 days, hope that'll help motivate me.

Wish me luck.

=====

Re: OivedElokim-I'll never give up
Posted by eyes - 13 May 2022 03:15

Mazel tov

may you see more good news

=====

Re: OivedElokim-I'll never give up

Posted by committed_togrowth - 13 May 2022 03:19

That is awesome! Excited to hear more about the continuing journey

=====

Re: OivedElokim-I'll never give up

Posted by Ish MiGrodno - 15 May 2022 05:58

Wow, amazing!

?Was feeling down since Shabbos...till this news mamash lit up the Grodnian night!

(Been following your journey over the past couple years - glad to see that B"H your hard work is now being rewarded...I hereby give you reshus to add some bourbon to your sushi splurge)

Rootin' you on, bro.

img

=====