

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.

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Re: OivedElokim-I'll never give up

Posted by wilnevergiveup - 21 May 2022 21:46

[Shtarkandemotional wrote on 20 May 2022 15:38:](#)

I haven't read all the posts here but I'm assuming I understand overall what this topic is about...

there's a great chusheve GYE member here that has in his link a quote repeated 3X something about stopping to fantasize... and I think it's a very key point for masturbation as well. And once we realize that we understand that to break free from all lustful behavior is really through that- Controlling the thoughts. All other factors with filters and everything if they don't change ur thought patterns they don't work long term. Yes, by getting a filter sometimes it can change our thought patterns for example like knowing it's not accessible etc. but the truth is it all boils down to our thoughts. So I think it would be a good idea for the goal to be to focus on how can I work on my mind..

1- to not have a drive to mast.

2- to remember the clarity in why I don't want to masturbate

3- to not dwell on lustful thoughts. all these are one of a few major shifts in the mind when implemented which will most likely help a lot.

I just wanna share what has helped me a lot and hope it will help everyone else.

I took a paper and over the Course of a few days I added all the possible contributing mental factors to why my battle is difficult..

then I created affirmations based on all those factors... which has helped me tremendously. That's why we created the self talk program. however it works best when one creates affirmations based on their own situation.

And yet, for some people, it's *even more important* to work through chapter 6 of the Flight2Freedom program.

the simplest way to lose weight should be to fast until you hit the magical number. Unfortunately, that's just not the reality. If you want to be successful, you have to have a better game plan then "just stop".

I would recommend the F2F program to anyone who is looking for tools in motivation, building a plan, understanding what your cues are and dealing with emotional triggers and much much more.

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Re: OivedElokim-I'll never give up
Posted by 5Uu80*cdwB#^ - 22 May 2022 02:50

[Hakolhevel wrote on 20 May 2022 03:52:](#)

Maybe im the odd one out here, but if I don't watch porn, I don't masturbate.

On another note. From what ive seen, those who are successful in cutting out porn do so with the help of filters, though mostly its internal work, because if you really want it, you will find it.

I'm sure there are many people like you, and consider yourself lucky because of it. But for many others, that is not the case. In my case, the struggle of masturbation continued for years despite being completely free of watching pornography, and this was because of continued vivid fantasizing about specific things I saw in earlier years. So for those like me, they have to know that until they remove both pornography **AND** fantasizing from their life, they will have struggles. Is it hard? Yes. Is it doable? Yes; I myself did it and I NEVER thought it would be possible.

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 25 May 2022 23:07

Not making a lot of progress lately...Made a deal today with a friend to pay him \$10 any time I masturbate this week. Hope that'll get things moving...

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 27 Jun 2022 03:28

It's been a rough month. In the past weeks I have watched porn on multiple occasions, the last one roughly a week ago. I kept masturbating despite the knas, reasoning that it was worth it to buy the pleasure. Masturbation is as routine and essential to me as showering or brushing my teeth, a ubiquitous part of my life. It is my stress reliever and my comfort for when I'm feeling down-which is very often. I can't envision life without it.

As far as porn goes-I dream about it daily. It is less accessible to me due to my devices being filtered, and certain circumstances have made it even less accessible this week.

I'm generally depressed and despondent. Don't have the motivation to fight, though I know that ultimately I will pay a price for my indulgence, especially in the case of porn.

I'm not looking for advice or criticism, constructive or otherwise. I'm not ready for that yet. Just wanted to let you guys know that I'm still alive, and thus-there is a small glimmer of hope, that one day I'll die as a free, happy man...

Despondently yours-

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by Markz - 27 Jun 2022 03:50

[OivedElokim wrote on 27 Jun 2022 03:28:](#)

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One day you'll die live as a free, happy man!

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Re: OivedElokim-I'll never give up
Posted by frank.lee - 27 Jun 2022 07:10

Thanks for checking in with us, and yourself!

Just wondering, with the \$10, do you pay it afterwards or before? Meaning, maybe it would make a difference if when you want to, you take the money and put it in an envelope for your friend, and then go ahead and...

Have a beautiful day!!

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 28 Jun 2022 05:37

I don't see the difference that would make, but it's an interesting idea. Thank you!

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Re: OivedElokim-I'll never give up
Posted by frank.lee - 28 Jun 2022 07:58

You're welcome!

you said "despite the knas, reasoning that it was worth it to buy the pleasure."

IS it worth it to pay out \$10 in order to afterwards get the pleasure? On the one hand you are not yet forced to pay so you have more ability to decide that it is not worth it, but on the other hand the imagined pleasure is much greater than the actual pleasure felt in hindsight.

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 30 Jun 2022 01:10

I don't find that I expect the pleasure to be more then it is. The actual pleasure is enough for me...

Minimizing the temptation is not a strategy that works for me.

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Re: OivedElokim-I'll never give up
Posted by Lchaim Tovim - 30 Jun 2022 14:34

What about (and this may be what frank.lee means) trying to re-frame the pleasure as opposed to trying to minimize the pleasure? We all know what the pleasure is and the tayva we have for it, but what is the reason you are trying to stop.

?Take that reason and try to use it to re-frame the pleasure.

This is very hard to do in the heat of the moment, but if you're constantly reminding yourself throughout the day why you are going through this, it may help when the temptation comes up.

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Re: OivedElokim-I'll never give up
Posted by Vehkam - 30 Jun 2022 15:56

I believe that the Knas system does not provide motivation. It can help with willpower if the knas is significant to you.

you need both willpower and motivation one without the other can't really work.

I believe that what lchaim tovim posted will help you work on your motivation. Once that is in place, perhaps the knas will be more helpful.

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Re: OivedElokim-I'll never give up
Posted by YeshivaGuy - 31 Aug 2022 06:21

Watup?

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 01 Sep 2022 00:32

Hey, thanks for checking in. An update is long overdue...

Still struggling, haven't seen hardcore porn for awhile but that's about all the success I've had lately. My devices are filtered and monitored and BH lately I haven't been silly enough to use others. However internally I haven't changed- masturbating and fantasizing constantly etc.

I've been feeling a lot of pressure to date, both internally (most of my friends are married, "If you keep waiting you'll miss the boat" etc.) and externally (from family and friends) yet I still feel nowhere near ready to settle down and find a life partner, I don't know my values or what I want in a partner, what kind of home I want to build etc. Additionally, I don't feel like I have a handle on the kedusha department, and I know all too well from this site how badly a marriage can go with these issues unresolved.

The pressure just escalated radically as a name came up for me and my mother is very set on going for it. I'm torn over how I should respond.

Any advice or moral support would be greatly appreciated...

Also today, after a long hiatus, i decided to continue doing the F2F program, or rather-start again from the beginning. Hope that'll help me advance in this area...

May Hashem help me find my way, the path he intends for me to go...

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Re: OivedElokim-I'll never give up
Posted by Mesayin - 01 Sep 2022 05:25

[OivedElokim wrote on 01 Sep 2022 00:32:](#)

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Focus on the positive that you have not watched any bad stuff. A great step in the right direction.

As far as the Shidduch goes, you will be best suited to ask a Chacham that you trust.

IMO, all you need to look for is a good solid girl, healthy and sincere in Yiddishkeit, all of the other details will fall into place afterward. Don't overcomplicate things.

Getting married and having a solid marriage will most likely make you feel better about yourself, and feeling good about yourself is one of the best tools to keep yourself bekdusha.

Hatzlacha

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