

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 OivedElokim - 20 Sep 2022 18:52

@HHM-I am very moved by your kind words, and despite my terrible ingrained instinct to view every compliment as insincere/just to make me feel good, I will attempt to start looking at myself in this way. At the end of the day if I am to become a more healthy and positive guy-which is a foremost goal of mine, more so then quitting masturbation-I need to stop trusting my old,

negative perceptions of myself.

Thank you everyone who takes the time to read, respond and even press the "thank you" button. It really means a lot.

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 21 Sep 2022 03:57

Back to your favorite segment-

My 5 Mitzvos for today:

1. Gemara Chavrusa
2. Shulchan Aruch Chavrusa
3. Maariv b'tzibur
4. Seder in Mishnayos
5. Listened to a shiur on a Rosh HaShana Maamer (For the uninitiated that's a Chassidic discourse)

Plan to break out of my sleeping in pattern tomorrow, gonna try to get up early and go for a run to shock my system.

I'll let you guys know how that goes.

Thanks for reading,

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 22 Sep 2022 03:23

Wow. Something crazy happened to me today!

The idea came into my head a couple of days ago to go somewhere where I could watch porn. It's been bubbling ever since, but I've mostly dismissed it. Part of me considered it "out of the cards" at this point, largely due to the fact that I want to start dating soon and I wouldn't feel comfortable doing it without having a few months clean, at least from porn if not masturbation.

However the tayva radically increased today (as I'm typing this the tayva is coming back to me...) and I had a chavrusa in the vicinity of "that place". I decided, in face of a cacophony of voices shouting "NO!", that I would go watch porn right after the chavrusa was over.

So the chavrusa ended and I pull my phone out of my pocket, look and see a text from a GYE friend who I saw earlier today briefly but didn't have a chance to speak to. He lives out of town so I don't see him often, but he comes in every now and then. So he texted me asking if I wanted to meet up.

I was floored. Felt like this was G-d's way of saving me from breaking my almost three month porn-free streak.

So I made up to meet him after Maariv. Davened and went out to meet him. We spoke on a street corner for over an hour. Gave me a lot to think about, especially in terms of what my next step should be in fighting this habit/addiction.

Anyways G-d saved me from falling today. Concerned about tomorrow though...

My 5 Mitzvos:?

1. Mincha b'tzibur
2. Chassidus chavrusa
3. Gemara chavrusa
4. Shulchan Aruch chavrusa
5. Maariv b'tzibur

Good night boys,

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by committed_togrowth - 22 Sep 2022 04:36

Beautiful, Hashem loves you

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Re: OivedElokim-I'll never give up
Posted by Hashem Help Me - 22 Sep 2022 19:53

On your next list of 5 nice things you did, please list that you spent an hour with your chaver being mechazek each other. Such a meeting is both bain adam l'chaveiro, and bain adam l'makom.

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 25 Sep 2022 23:05

It's after licht bentchen but I figured that the best way to end of the year would be to once again participate in this amazing community and extend to you all my best wishes for a sweet new year.

May the next year be one in which we serve Hashem not out of fear or guilt but out of love and appreciation, where we manifest the wonderful destiny he has in store for all of us, with only revealed good in every area.

I have more to write, perhaps I will share a longer bracha before YK.

Oh, and I am going into RH with 4 days clean. I'm very proud of myself and I'm sure Hashem is too.

sending love to all of you,

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 29 Sep 2022 02:57

Had a pretty good Yom Tov. Served as Chazan in a small shul in a remote location.

Spiritually it wasn't much of an experience, no radical epiphanies or deep insights gained, don't feel like I accepted Hashem to be king in any meaningful way. I guess I am working on improving myself at my own pace and I think Hashem sees that and appreciates that. My therapist told me something to this effect (while getting visibly emotional-it really moved me to see how much he cares about me-#TYH for my therapist) in our last session. All in all I'm pretty sanguine about Hashem giving me a good year, after all is said and done. I don't conceive of him as a vengeful old man in the sky looking to catch me on my every mistake (the way I am to).

Which brings me to my next point, which is that I am currently going on 8 days clean, BH! I cannot remember the last time I stayed clean this long. I have a new knas/incentive that seems to be doing the job. It's in effect till 12 Tishrei, will figure something out before then for the long term. But I am very happy about that as well as proud. I'm pretty sure if I can take pride in that, certainly Hashem can. He's infinitely more capable than me (I don't know if this is blasphemous language, but whatever) ...

Starting a new part-time job tomorrow, to help me break up my learning with some structure and provide me with some \$\$\$ as my parents are encouraging me to become more financially independent. Hoping that it gets off to a good start and that my learning doesn't suffer too much as a result.

anyways a gmar chasima tova to all,

Hoping to continue to share good news with you all
myself, in other words

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 30 Sep 2022 02:52

Had a pretty decent day, hit 9 days clean tonight BH.

I'll post more tomorrow IYH,

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 30 Sep 2022 17:10

Thinking about starting to read the Battle of the Generation book every day to help me gain perspective and motivation in this fight, though atm things are going well BH.

Is it still possible to download it as an e-book from the site? Went to the library section and it looks like the took down the PDFs and now you have to read it online. Don't want to order a physical copy because it's an awkward book to be caught reading or have sitting on you shelf. Was planning on downloading it to my kindle, but idk if that's still possible. If you know please lmk.

Having a good day BH, got up early for a pre-shachris chavrusa (who didn't show up for the second day in a row...) and had a very enjoyable shachris. Been procrastinating for the last hour or two, but I have a chavrusa in a few minutes. After that I'm going out for sushi with a GYE buddy to celebrate almost 10 days clean...

Hope y'all have a great and meaningful Shabbos Shuvah.

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by Vehkam - 30 Sep 2022 20:37

[OivedElokim wrote on 30 Sep 2022 17:10:](#)

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OivedElokim

guardyoureyes.com/ebooks/item/the-battle-of-the-generation

there is a button on the bottom to download. i tried it on my desktop and it worked...

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 03 Oct 2022 03:56

Day 11

Had a pretty good day. Woke up early, listened to a shiur and davened with a minyan after which I chatted briefly with a friend.

Went home and wasted some time, ate then went out and learned most of the afternoon/evening.

Had a couple of urges, briefly entertained the thought of going to watch porn but dismissed it pretty quickly. Still find it incredibly frustrating that G-d gave me this challenge, but I'm not complaining about it as much anymore. There's no point...

Still can't believe that I managed to stay clean for this long. Looking forward to racking up a serious streak. I know some guys on here rail against day-counting, but I find it extremely motivating. I'm very competitive by nature and this plays into that. Whatever, to each their own.

Another thing-my counter counted the day I fell as day 1, so I'm technically a day ahead of my real clean streak. I don't know if that's the biggest deal. Should probably fix that.

Anyways have a lovely night

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 03 Oct 2022 12:33

Ok good morning. Here's the deal:

Made it to 11 days and then fell after a prolonged struggle. Still over 3 months clean from porn, BH. Have to pay a \$100 and move on.

But don't worry, my morale is still high. Here's why-

This streak was really long relative to the past half a year or so (perhaps more) and I showed myself that I could still beat my urges for a sustained amount of time **if** I have the right system in place. I'm confident that with the lessons I learned from this fall I will have a much longer streak next time around. Maybe even forever.

I also noticed how the urges slowly decreased in frequency and intensity for the most part over the past almost two weeks. I'm sure that that trend will continue more and more as I get to 30 days, 90 days etc. It was very encouraging because in the beginning it's so overwhelming to think you'll have to confront these same urges forever-turns out they're not the same urges after awhile...

Here's what I learned:

1. A knas is a great deterrent to falling. However you need to make it really hurt. Before I was doing \$10/20 per fall (if I followed certain conditions). Now I'm doing \$100. It's harder to convince yourself that an orgasm is worth that kind of money...
2. Don't tempt yourself, fantasize or pursue explicit material and tell yourself that you won't "finish". It rarely ever happens that way and even if it works, your torturing yourself needlessly. Better steer clear of the whole sugya and you'll do much better.
3. Related to 2-after a certain amount of fantasizing and tayva, most plans are rendered absolutely useless. If you're overcome by desire you'll convince yourself that \$100 is nothing compared to the pleasure you'll get, which is absolutely ludicrous. Try to nip it in the bud immediately when the thoughts start coming to you, before it snowballs into something you can't control. I believe I saw once on here a quote from one of the holy books that after a certain stage of tayva a person loses their bechira. ?????? ??? ??????...
4. External consequences and incentives can only do so much for you. Internal work is an absolute must. You need to work on your motivation and drive and sincerely want to quit. You can't white-knuckle yourself to 90 days (& beyond)

1 is already under control and worked for almost two weeks. It stopped me many, many times from doing stupid things.

2 & 3 need some work. I also need to add a time limit for certain apps on my phone which regularly don't pose a challenge to me but become a problem late at night when I'm lusting.

In terms of 4 I already started reading The Battle of The Generation on my Kindle as per the recommendation of many on this site. I like it so far, plan to read a chapter every night till I finish.

Anyways I need to get on with my day,

Thanks for reading

OivedElokim

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 04 Oct 2022 15:11

Good morning

Been doing fine since my fall, only paid \$20 of the \$100 of my knas because I have almost no money right now, getting paid for something soon and will pay up the rest then.

Feeling a little disappointed going into YK with only 2 days clean instead of 2 weeks but that's the situation. I know Hashem appreciates my effort more than my streak, and I am firmly committed to doing complete Teshuvah in this area, and that's ultimately what counts.

Once heard a Chassidishe vort on the possuk ??? ? ???? ?? ??? ???? ???? ?????- seemingly that isn't chesed, its mishpat!

The answer is that it's referring to maasim that haven't been done yet, if a person simply decides to change paths, that he won't make his past mistakes anymore, Hashem judges him off of those **future** actions and not based on where he is currently holding. Otherwise doing ok. Slept in this morning and missed kapporos

Feel like that's very pertinent to my situation. I'm on the right track, already had a taste of freedom and am staunchly committed to going all the way.

I hope in that zechus I-and all of us-should be sealed in the book of life, a life that is full of meaning, happiness, clarity, purpose and success in every area.

Gmar Chasima Tova!

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 07 Oct 2022 04:37

Pretty uninspired YK, whatever.

Paid up the rest of my knas, going home for YT tomorrow morning

4 days clean BH

Don't have much else to say,

Have a good night/morning or whenever you read this,

OivedElokim

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