

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 - 15 Sep 2024 20:44

Day #91

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Instead of a time consuming long-winded post, I will post 10 things that helped me get here. Hopefully someone will find them helpful in their own journey.

I'll also try to make time to post updates and thoughts here at least once or twice a week.

Seven Rules for a Clean Life, OivedElokim Edition:

1. **Don't just post on GYE.** Reach out to people privately, call and text them regularly. It doesn't have to be about this struggle. The opposite of addiction is not sobriety. It's connection.
2. **Learn Torah.** In depth and regularly. Torah study saved me in so many ways, so many times. Otherwise I'd still be watching porn daily, and probably also not keeping Torah and Mitzvos. "Torah Tavlin".
3. **Pray.** A lot. Both from the Siddur, Tehillim and especially in your own words. He'll come through for you if you turn to him with genuine humility and a broken heart. "Bechol koreinu eilav".
4. **Engage in intense physical activity.** Weights, running, biking. Whatever turns your crank, man. At least a few times a week.
5. If you don't have any **hobbies**, get some. Guitar, drawing, painting, reading etc. It will get you into a good space and distract you from lewd thoughts.
6. **FILTER, FILTER AND FILTER.**
7. Date, get engaged and **get married.** If you are married-Work on improving your marriage. My Kallah has helped me with this struggle (and all my other ones). It's tremendous. Marriage is not a hospital but it's likely that you have a gaping marriage sized hole in you heart. Filling it can do wonders.

So yeah, I got engaged, BH. To a woman of the caliber I'd never dare to dream of. She's incredible.

I wasn't sure if I wanted to share it here, publicly, mostly due to fear of being identified. But its been awhile so I'm not so worried. Also, if someone figures out my identity-come and get me! lol. I'm actually not entirely joking-Hit me up, I'd love to (re)connect over our shared struggles....

Wishing you all a clean and meaningful day, and much success in everything you do!

With love and appreciation,

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by chaimoigen - 15 Sep 2024 20:53

Brother- you forgot the last three items on your list!!!

I will try these - tell me about if you agree.

8. Intelligence and contemplation. Self awareness. Read this special thread and you'll know what I mean.

9. Be honest. Our admirable friend OE shlita has always been so. His truth sometimes cuts, sometimes pierces, but ALWAYS brings illumination. You open up vistas like the wide blue sky, brother.

Where there is truth there can be change.

10. Hope.

"I'll never give up".

I feel that hope is a priceless gift from Hashem. In it is all the tomorrows that can ever be.

You're special friend, and you deserve a hopeful, true, new beginning with your better half.

You have my heartfelt best wishes.

Here's a warm hug, I'm grabbing a big Lichayim!!

Bottoms Up! (I think the Rebbe said that once at a Farbrengin, in Yiddish, no?)

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chaimoigen

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Re: OivedElokim-I'll never give up
Posted by redfaced - 15 Sep 2024 21:09

[chaimoigen wrote on 15 Sep 2024 20:53:](#)

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chaimoigen

Not more than four.....

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Re: OivedElokim-I’ll never give up
Posted by oivedelokim - 15 Sep 2024 23:30

[chaimoigen wrote on 15 Sep 2024 20:53:](#)

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chaimoigen

Wow, thank you for this!

I actually initially planned to write ten rules, but I started blanking out so I left it at seven. Thanks for being Mashlim!

Thank you so much for the compliments and the thoughtful post. All the best!

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by oivedelokim - 15 Sep 2024 23:31

[redfaced wrote on 15 Sep 2024 21:09:](#)

[chaimoigen wrote on 15 Sep 2024 20:53:](#)

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?????,

chaimoigen

Not more than four.....

100%

Make the gezeirah great again!

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Re: OivedElokim-I’ll never give up

Posted by ??? ????? ????? ??? - 16 Sep 2024 14:19

@oivedelokim

So happy for you. Both on the 90 days and on your engagement. Made my day to see this.
Mazel tov!

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Re: OivedElokim-I'll never give up
Posted by oivedelokim - 17 Sep 2024 03:21

Day #93

Thanks to Hashem, as always.

Here's my newest pet project:

I want to change the world.

PM me if you wanna help.

Thanks,

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by oivedelokim - 17 Sep 2024 05:15

I haven't felt this much temptation to fall in 93 days.

Its probably triggered by loneliness, boredom and exposure to certain media I should be

avoiding like the plague.

I will not give in, I will not give up.

I will stay clean for myself, for my G-d and for my bride.

Wish me luck

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by Muttel - 17 Sep 2024 08:11

Stay strong brother, for you, your kalla, for us....

Hope everything is ok....

Muttel

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Re: OivedElokim-I'll never give up
Posted by chosemyshem - 17 Sep 2024 13:40

[oivedelokim wrote on 17 Sep 2024 05:15:](#)

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OivedElokim

Good chance it's also affected by the completion of the "streak". That's a loss of a powerful motivation. And so while obviously the goal is to change your life and stay clean for yourself, not for any streaks, that tangible count is a powerful motivator. They even hand out physical reminders in AA/SA.

You might find it helpful to set a new short term goal (clean to the wedding) or/and a new long term goal (clean for a year).

Your success inspires me tremendously. Keep on crushing it!

Hatzlacha!

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Re: OivedElokim-I'll never give up
Posted by livingagain - 17 Sep 2024 13:48

[OivedElokim wrote on 21 Feb 2021 21:37:](#)

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Wish me luck.

Wishing you luck on your March to a second 93. The longer the steak the stronger the urge. So wise to start a new count. Keep on serving bsimcha

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Re: OivedElokim-I'll never give up
Posted by oivedelokim - 19 Sep 2024 00:57

Day #95

Been dealing with a lot of sexual thoughts lately. Almost exclusively about the person I should be having them about.

They are nevertheless disturbing and distracting, and I wish I could make them go away.

Any tips and suggestions would be very much appreciated.

Thanks,

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by richtig - 19 Sep 2024 03:14

[oivedelokim wrote on 19 Sep 2024 00:57:](#)

Day #95

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They are nevertheless disturbing and distracting, and I wish I could make them go away.

Any tips and suggestions would be very much appreciated.

Thanks,

OivedElokim

Perhaps making a time for it? Like people do for worrying- its very hard not to worry at all, so they establish a special worry time and wait to indulge in worrying until then

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Re: OivedElokim-I'll never give up
Posted by yitzchokm - 19 Sep 2024 03:45

I ddidn't have a solution for this when I was a chosson. I never watched porn but secular books were enough to give me a very false portrayal of what marriage and sex is all about. I haven't read most of your thread but if you have the problem I had with secular books or if you watched porn you should have a discussion with your chosson teacher about this. An understanding of what sex is and isn't could make it much easier to handle. You can probably also have this discussion or some of it with HHM.

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