

Square one

Posted by Looking_to_improve - 28 Feb 2021 22:41

Thread 3

Day 0

Restarting from square one

=====
=====

Re: Square one

Posted by Looking_to_improve - 30 Mar 2021 07:06

[OivedElokim wrote on 30 Mar 2021 02:23:](#)

Sorry to hear about your feelings of being stuck in the cycle. I can definitely relate.

I'm curious about why you feel alone in this struggle although you speak to people. Do you have any idea why that is?

I'm not sure. I was gonna write something but it wasn't making sense, I think it's just that I'm not putting much effort into the conversations perhaps

=====
=====

Re: Square one

Posted by Looking_to_improve - 30 Mar 2021 21:53

Fell again today. I think I'm gonna call gye tomorrow.

I'm not holding in a good place at the moment

=====
=====

Re: Square one

Posted by OivedElokim - 30 Mar 2021 23:40

[Looking_to_improve wrote on 30 Mar 2021 07:06:](#)

[OivedElokim wrote on 30 Mar 2021 02:23:](#)

Sorry to hear about your feelings of being stuck in the cycle. I can definitely relate.

I'm curious about why you feel alone in this struggle although you speak to people. Do you have any idea why that is?

I'm not sure. I was gonna write something but it wasn't making sense, I think it's just that I'm not putting much effort into the conversations perhaps

I think I can relate to this. I recently switched therapists and realized that although I was speaking with my previous one for several years I never really fully opened up to him, and therefore I never really gained as much from therapy.

It may pay to examine yourself and see what is wrong with how you speak to your accountability partners from GYE. A small Change may yield much greater results

=====
=====

Re: Square one
Posted by Striving Avreich - 31 Mar 2021 00:09

Similar story here! I went back to the same therapist 4.5 years later and I am actually honest with him! It is making a world of difference!

=====
=====

Re: Square one
Posted by Looking_to_improve - 31 Mar 2021 22:13

Day 1

BH I'm clean today

=====
=====

Re: Square one

Posted by Looking_to_improve - 01 Apr 2021 13:14

In a bad mood now.

Shlept a long way and back for basically nothing. (Except for mincha and it wasn't a good mincha at that)

Going for a run now

Feeling pretty alone today

=====
=====

Re: Square one

Posted by Looking_to_improve - 01 Apr 2021 21:19

Day 2

BH today I'm clean, good for a run, and speaking to my Mum helped get my mood back to normal

Started speaking to someone else through gye, looking forward to where it may lead

=====
=====

Re: Square one

Posted by Ish MiGrodno - 01 Apr 2021 21:39

Nothing like Mum.

Mine has been gone for many years now.

But I still speak to her all the time.

Keep on making Mum (and HKBH!) proud.

IMG

=====
=====

Re: Square one

Posted by Looking_to_improve - 05 Apr 2021 20:06

Day 6

BH I'm still clean, today was a busy day so didn't have any issues.

Last night of Yom Tov was pretty tough. I had some fantasies in my head and was thinking of other negative things, and I was struggling to sleep. Even when I started thinking of something else, I would end up going back to the same back thoughts. I didn't masturbate bH, but was aroused for a bit.

=====
=====

Re: Square one

Posted by Looking_to_improve - 06 Apr 2021 19:39

Day 7

1 week

similar day to yesterday

=====
=====

Re: Square one

Posted by thetimeisnow! - 06 Apr 2021 20:16

Keep it up!

HaShem wouldn't give you a test He didn't *know* you could pass!

=====
=====

Re: Square one
Posted by Looking_to_improve - 07 Apr 2021 20:07

Day 8

BH clean today

Its looking like I'll be changing to gentech soon. I just wanted to check before I do, if there are any other good filter options for Android. (The tag I messaged said they do netspark and gentech, I'm just want to see if there are other good options)

=====
=====

Re: Square one
Posted by Looking_to_improve - 08 Apr 2021 17:18

Changed over filters to gentech today. BH didn't do anything while switching over.

Feeling a taaiva now to masturbate. Still don't know how this filter works exactly, so still a bit nervous that I need to have it set up correctly

I need to take this opportunity of a new filter to not search for loopholes

=====
=====

Re: Square one
Posted by HappyYid - 08 Apr 2021 18:04

[Looking to improve wrote on 08 Apr 2021 17:18:](#)

Changed over filters to gentech today. BH didn't do anything while switching over.

Good job!

I remember a couple of times that I had to ask my filter company to unlock the filter for 'only' ten minutes because I needed to do something for real...but during those ten minutes, 7 of them were used for watching porn...

Now BH I got smarter and my wife has the code so I can't ask them to open it at all...

=====
=====