

**NEW THREAD**

Posted by thetimeisnow! - 30 Mar 2021 01:55

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This time I'm going to do it. I fell over the Yom Tov since I had no one to talk to and motivate me so that was hard.

But I am very motivated now!

Had to go back to base camp (17,900 ft) because of altitude sickness but I have loaded up with more oxygen and am ready to fight to the top once more![https://lh3.googleusercontent.com/proxy/Ea2wAHF6zB3d4cAoqCM5eMMwvHR3j9x4QaOc8FD4vJnK0rEO4r\\_i4\\_JMLIqHP1zhB7f488f1j-LChEO6Nzs60I5Foelz4-jJ9R2oU9PGM3LIJf76lltlwAQ7svWEDO8aAaxE-0Wdig](https://lh3.googleusercontent.com/proxy/Ea2wAHF6zB3d4cAoqCM5eMMwvHR3j9x4QaOc8FD4vJnK0rEO4r_i4_JMLIqHP1zhB7f488f1j-LChEO6Nzs60I5Foelz4-jJ9R2oU9PGM3LIJf76lltlwAQ7svWEDO8aAaxE-0Wdig)

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**Re: NEW THREAD**

Posted by Striving Avreich - 13 Apr 2021 22:56

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I think it's important to internalize (I'm looking at you Striving Avreich) that there is no finish line. There is just normal life.

If there is, please let me know

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**Re: NEW THREAD**

Posted by thetimeisnow! - 16 Apr 2021 14:55

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Day 6 BH

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**Re: NEW THREAD**

Posted by thetimeisnow! - 18 Apr 2021 19:02

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Just four or five months ago, I considered myself hopelessly addicted to pornography. With the help of Hashem, and all of the wonderful and inspiring people in this community, I am now porn-free for 90 days and counting. Not only have I been able to stop watching pornography, but somehow I have gotten to the point where it is completely out of the question *even if* I end up falling in the other half of the struggle.

I think this is because 1) I have gone so long without it that my desire to not destroy my progress and to not get addicted to it again is bigger than my desire to watch it, and 2) I still am struggling with wasting seed, so even if my desire to watch porn isn't fulfilled, the actual lust is. Obviously I am working on dealing with the second half of the issue, but not being addicted to pornography helps a lot.

For those of you still struggling with pornography, I know exactly how you feel. Just know that it IS possible to stop. I am living testimony and so are many others. Am I more human than anyone else? No, in fact I would argue that because I try to always be conscious of Hashem's presence, yet I still sin, I am on a lower level than most.

Using the taphsic method really helped me out as well. I found that, for me, having to go on a run as a result of watching pornography or wasting seed was the best deterrent (I hate running). Similar to what I said above, at about 30 days I became more attached to my progress than to the desire to watch and it only got easier from there.

Finally, if you are able to beat the urge to watch pornography, it will really help you out in the other half of the struggle; I remember when I first joined this website and really began the struggle to stop, the amount of profanity I had exposed my mind to was just so much that I couldn't get it out of my head even if I wanted to. Back then, going three days without either was nothing short of a miracle. However, as I slowly made it to 4 days, 7 days, and then two weeks without pornography, my desires became fewer as there was less junk being pushed into my brain. In other words, the less you watch porn, the less there is bouncing around in your mind to create an urge (make sure to replace it with something kosher though, an empty mind isn't good either).

So now, I find myself at three months without pornography, and this reality is starting to have an effect on my battle with wasting seed. Much fewer are the illicit thoughts that pop in at random, and thus fewer are the urges; in the last 7 days, I had one, maybe two, difficult urges, but that

was it.

Take it one day at a time everyone.

The time is now to make a change!

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Re: NEW THREAD

Posted by thetimeisnow! - 18 Apr 2021 22:49

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So...I almost fell again...

Right after I posted too, how sad. The urge hit me like a brick wall

I started acting out but after about 15 seconds I couldn't keep going and I stopped myself, before...you know. I technically didn't break my taphsic, which is part of the reason why I stopped. But I also somehow was able to remember how it felt afterwards last time and I focused on the fact that Hashem was watching. Please everyone help me make it through the

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Re: NEW THREAD

Posted by EvedHashem1836 - 19 Apr 2021 01:20

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You inspire so many of us with ur specific circumstances - we all believe in you

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Re: NEW THREAD

Posted by thetimeisnow! - 19 Apr 2021 12:59

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Let me know if this video works. I drew a lot of inspiration from it.

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Re: NEW THREAD

Posted by thetimeisnow! - 19 Apr 2021 13:00

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Okay it looks like it doesn't. Does anyone know how to link whatsapp videos in this forum?

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Re: NEW THREAD

Posted by HappyYid - 19 Apr 2021 13:08

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[thetimeisnow! wrote on 19 Apr 2021 13:00:](#)

Okay it looks like it doesn't. Does anyone know how to link whatsapp videos in this forum?

Once you download the video, you should be able to add it here using the 'add file' option

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Re: NEW THREAD

Posted by thetimeisnow! - 19 Apr 2021 13:43

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Re: NEW THREAD

Posted by thetimeisnow! - 20 Apr 2021 08:20

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Last night was pretty terrible. I just broke on a fundamental level. Time for a fresh start I guess...

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Re: NEW THREAD

Posted by HappyYid - 20 Apr 2021 11:32

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[thetimeisnow! wrote on 20 Apr 2021 08:20:](#)

Last night was pretty terrible. I just broke on a fundamental level. Time for a fresh start I guess...

Very sorry to hear that.

Yeah, get right back into the game!

You could do it!

Good luck

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Re: NEW THREAD

Posted by thetimeisnow! - 20 Apr 2021 15:19

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I'M GETTING RIGHT BACK UP

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Re: NEW THREAD

Posted by EvedHashem1836 - 20 Apr 2021 15:26

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[thetimeisnow! wrote on 20 Apr 2021 15:19:](#)

I'M GETTING RIGHT BACK UP

Way to be

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Re: NEW THREAD

Posted by thetimeisnow! - 02 May 2021 13:39

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Had a pretty bad fall this morning. Picking myself up again and trying again though. I just want to be done with this...

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