my inner farm
Posted by farmer k. - 02 Sep 2021 02:56

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hello everyone I'm starting my gye journey now. i will try to post often but I don't have a constant internet access since I'm in yeshiva but I'm home about once or twice a week and will try to post then

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Re: my inner farm
Posted by sleepy - 20 Jan 2022 05:43

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farmer k. wrote on 20 Jan 2022 03:26**:**

4 days not doing great but keeping clean

thats GREAT!!

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Re: my inner farm
Posted by farmer k. - 23 Jan 2022 07:46

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7 days clean

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Re: my inner farm
Posted by farmer k. - 24 Jan 2022 04:45

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I wish I could put the pain to words, maybe a poem about it but I guess my pain is just going to be as is. I screwed up, I kept a phone that I could have put on service whenever I wanted, and it was an unlocked phone. It started a pretty simple, a stupid TV show even though I know that the emotions in it will hurt me. Well yes, it caused me to fall. I feel like my life's a mess and I

can’t deal with it. However, I look up and realize that there is a reason for everything I'm going through, this whole fight is just to bring glory to the one and only.

Well truth be told my falls now aren't as big as they once were, and are much more spread apart.

So please help me God that it should have a happy conclusion, an ending that I will be proud of, an ending that I can say, “this was where I got to, with my blood, sweat, and tears”.

I want a life of true love not of romance. The life of work, a life of sweat, a life of glorifying your name.

I am taking this fight to The Bitter End because that is what I am here for. It is so simple yet so complicated. I feel so spent but in this tiredness is my strength, cuz’ my strength is by sticking to my guns even when I’m down, and to keep fighting.

So long,

Farmer k.

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Re: my inner farm
Posted by Human being - 24 Jan 2022 10:14

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You expressed your pain well. Your longing to just stop falling already. Keep it up, your gettting farther and farther along in the struggle. Your doing great!

Whats your plan to avoid the same trigger again?

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Re: my inner farm
Posted by Hashem Help Me - 25 Jan 2022 12:18

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Great attitude Farmer! Positivity will iyh be a major tool in you breaking free. Hatzlocha.

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Re: my inner farm
Posted by ??? ????? - 26 Jan 2022 02:41

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oish, ????? ??????, help this holy farmer.

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Re: my inner farm
Posted by farmer k. - 31 Jan 2022 05:42

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8 days. not easy ones, but moving along.(?'?'?)

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Re: my inner farm
Posted by jackthejew - 31 Jan 2022 09:18

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farmer k. wrote on 31 Jan 2022 05:42**:**

8 days. not easy ones, but moving along.(?'?'?)

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Re: my inner farm
Posted by farmer k. - 07 Feb 2022 22:59

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fell starting over

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Re: my inner farm
Posted by Shtarkandemotional - 08 Feb 2022 01:11

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hey bezH you'll see lots of hatzlacha very soon! Here are some Points to think about…

1.make a system to keep your clarity going. The clearer we are why we don't wanna view porn the easier it'll be stay back. After all the more we don't like something the easier it is to not touch it. (perhaps writing down every reason why you wanna stop porn and triggering material? and reminding yourself it each day for 10 min?)

2. learn to keep the triggers more distant from you… - the more we have it super close then even if you CLEARLY know why you dont wanna go there it can happen in a state of impulsivity..

3. making porn not an option always makes the fight so much easier! How about making a vow you'll rip up 20$ within 24 hrs of viewing porn? This is just one of many ideas of making it not an option.

4. Often we take the lazy way! Realize, we need to stay away from porn on day 1,10,100,1000,10,000 if we want to be successful and that means a lot of work! We gotta prepare in advance for that and think about how you can do that with the top 3 things I listed. I personally DON'T believe that if you do only one of them - you'll see long term success. It takes a strong analytical plan! Keep on going! And keep on looking back at what you can learn from! You got this! There are so many that succeeded! You can too!!

An example of reaching a clarity to not fall to porn.

(This isn't aimed at any username to give them mussar that they need to grow and stop falling it's just an example of what motivation can look like)

1. We will ALWAYS not wanna watch! We are always upset with our behavior! (Since it destroys our hearts and minds and our whole life) The question is when will we tap into it?! Now? Or… after we fall! When we feel like we wish we're buried under the soil.
2. Once we understand that we're gonna always be unhappy with our "watching of porn" we're just giving in to the cycle that we'll always wanna stop so why not just stop?
3. We truly feel horrible since we made an incredibly stupid decision, we feel sticky and uch! Like why why why! Why did my eyes have to see that!
4. We feel so full of guilt! Like how on earth did i do this?!? And if we're on a good streak we'll hear the words in our head I was doing sooooo well now I'm back here!
5. Sad- how did I ruin everything?! Now I'm back to square one.
6. Worthless- we feel our minds are like a toilet.. or better say - an overloaded sewer system! I'm not capable.
7. We feel angry- how many times are we gonna try!?! How many times do I have to see

myself fail! How many day, months and years!!
8. We’re overloaded with a whole bunch of extra tayvos now! A whole new video in our brain! The thoughts an cravings that come because of it are absolutely ridiculous!
9. We’re ruining a chance to have a clear mind
10. The way breaking free works is because this is very visual the more we stay away the more our brain forgets that high and what it looked like and everything like that! And by keep on falling we don’t allow that process to start!
11. We feel like a double standard! Putting on teffilin in the morning and yet doing the biggest aveiros later! It feels like a knife to our heart! We feel so fake! Our sincerity feels like a lie.
12. Ruining a chance to feel free! There’s no better feeling of realizing this parsha is behind me! The constant doubts are gone! The ones like “should I fall?! Should I not?!? But maybe! But it’s right here!” “I’ll just do teshuva right after!” “Oh one video will be enough!” “I’ll feel so much better.”
13. Ruining a chance to look back and realize how long you came! Trust me it’s yetzias mitzrayim! It’s a feeling of “wow I’m a real fighter I’ve been clean for so long”
14. Navigating lust to porn isn’t an option cuz we can’t have a happy frum marriage and home of kedusha and tranquility etc while having this horrible issue in the way! Which means for the - unmarried guys your only buying time by allowing your mind to turn there since we must gain full full control of this before a happy marriage starts and honestly a happy life starts! And for the married guys- your killing your wife and your killing this golden opportunity of a happy household. - We don’t live forever.
15. Porn also means for 99% of people automatically mz”l so it’s really killing a lot of birds with this dumb ugly stone.
16. Porn also ruins the chance for intimacy it’s trains the brain to love that sexual excitement and intensity which will only cause issues cuz sexual intensity never lives up to the hype and it will make one’s mind become completely distorted.

Don’t we wanna avoid all this damage!!??!??

If you wanna mess up your life - go fall. And I’ll see you agree with this in an hour from now… probably, even in 5 minutes from now. Actually if your married, maybe think about your poor wife and how much your making her suffer… and if she doesn’t know, The dynamics of your relationship is surely affected. And if your single have some rachmanus on your future wife so she can marry a clean strong individual!

If you wanna remain happy,

Realize this!! It’s true.. this doesn’t make you happy! Go do something instead of this fake stupidity and at least channel your lust to something better. Go get a good sandwich that you’ll actually not kill your life by doing.

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Re: my inner farm
Posted by farmer k. - 14 Feb 2022 01:05

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I fell again. it was supposed to be better this time (I really set myself up well this time) whatever, will try to salvage whatever I can.

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Re: my inner farm
Posted by Vehkam - 14 Feb 2022 03:47

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Every time you get up is another win. every minute that you hold yourself back is another win. The exercises that you do In order to avoid falling will eventually kick in and make it easier as time goes on.

(for me I try to read a few pages of the battle of the generation book each night. I feel like it was written directly for me! I also tried to listen to the Gye boost every morning.)

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Re: my inner farm
Posted by Avrohom - 15 Feb 2022 02:35

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farmer k. wrote on 14 Feb 2022 01:05**:**

I fell again. it was supposed to be better this time (I really set myself up well this time) whatever, will try to salvage whatever I can.

Keep it up! Just because it wasn't foolproof and it didn't work perfectly, doesn't mean it wasn't a good plan. Try it again - we can't expect perfection just improvement.

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Re: my inner farm

Posted by farmer k. - 24 Feb 2022 03:48

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made it to day 7

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Re: my inner farm
Posted by farmer k. - 24 Feb 2022 03:54

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I was just recently making a cheshbon if I'm winning or losing this battle by thinking about where I was holding last year. now the question is like this, I don't fall as often but some of my recent falls were much worse in terms of what I did when I fell curious if anyone had any insights on this?

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