

Giving a Genuine Try

Posted by omekhadavar - 26 Oct 2021 14:12

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Hi everyone,

This is my first time posting here. I'm going to try and keep it up. The goal is to get to 90 days for the first time. Currently, this is my third day clean. I don't have an issue with pornography, I rarely view it. However, I do have an issue with being mz"l, which is usually caused by seeing inappropriate pictures etc.

I've been thinking of ways to remove triggers. I plan on purchasing a basic phone soon, so I hope that will remove help in removing many triggers. Also, I currently have web chaver on my computer, but I plan on getting a filter as well, so I don't see any triggers by accident. Another one of my main problems is when I'm not occupied and end up surfing the web. This almost always leading to me being mz"l when no one is around. I would like to make a neder for at least 20 days not to use the internet unnecessarily, but I'm not sure how to phrase it. Advice would be appreciated.

*-Dvar Ha'emek*

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Re: Giving a Genuine Try

Posted by omekhadavar - 02 Nov 2021 03:40

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[anonymous.lost.everything wrote on 29 Oct 2021 11:58:](#)

[omekhadavar wrote on 26 Oct 2021 14:12:](#)

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always leading to me being mz"l when no one is around. I would like to make a neder for at least 20 days not to use the internet unnecessarily, but I'm not sure how to phrase it. Advice would be appreciated.

*-Dvar Ha'emek*

What is a "necessary" use of the internet for someone in your particular situation?

Also, I was thinking that maybe you davka masturbate when there is no one around because deep down subconsciously you feel nobody is there to protect you and keep you company and you don't feel safe. It's a hard concept to relate to for an adult. So I was thinking that if you call some people regularly and tell them the details of your lust etc. then you may feel like you are not really alone even when you are. Then you won't need to make a neder.

And eventually the goal should be to feel like Hashem is there with you always, even when you are masturbating, so that you won't want to do it.

Thanks for your post. It's possible that it's related to the feeling of being alone. I sometimes think that that issue would be resolved if I get married. I'll have someone in my life to keep me company. Though, I'm not sure if this is accurate or not.

And I only need the internet for school.

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Re: Giving a Genuine Try  
Posted by omekhadavar - 02 Nov 2021 03:42

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[Hashem Help Me wrote on 29 Oct 2021 11:16:](#)

Biographies produced by frum publishers have the added plus of being inspiring and reminding you that you are from the am hanivchar. Many recent publications are excellent and out of the box fascinating. Enjoy them while staying clean.

Thanks for the recommendation! I like frum books, but I find that they are very expensive in

comparison to secular ones.

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Re: Giving a Genuine Try  
Posted by omekhadavar - 02 Nov 2021 03:58

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Day # 9

Sorry I haven't been posting. I didn't have a chance over the weekend.

Not much has changed. My friend came in again on Thursday and wanted to watch something on YouTube again. I told him no and avoided it this time. Then I went home for Shabbos since I had a family simcha. Overall, there weren't any shmiras einayim issues which I am very grateful for. Only on Motzei Shabbos when I was in the pizza store, I caught myself staring at a few attractive girls. I quickly looked away.

Yesterday, the day did not start on a good note. I slept through Shachris and missed Night Seder and Maariv. I was exhausted from Shabbos.

Today, I slept through Shachris again. However, I made it to all sedarim and the other tefillos.

During dinner, I watched YouTube videos with a friend for a while. After he left, I fell further. I got inappropriate pictures on my phone. I would have fallen if I wasn't late for my chavrusa. On the way to the shaft, I made a neder to delete the pictures when I got back to the room or I would donate \$100 to GYE. I need to set up better gedarim. Does anyone have ideas? I didn't have time before Shabbos to set up a full neder. Maybe it's time to sit down and work out the language of the neder. Imy"h I'll try to set it up tomorrow.

Signing off for the night,

*-Dvar Ha'emek*

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Re: Giving a Genuine Try  
Posted by omekhadavar - 02 Nov 2021 04:03

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Re: Giving a Genuine Try  
Posted by anonymous.lost.everything - 02 Nov 2021 05:31

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As I suggested above, make some friends here on the site and call them on the phone regularly.

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Re: Giving a Genuine Try  
Posted by omekhadavar - 07 Nov 2021 14:15

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Hey everyone,

I really do appreciate your feedback. It makes me feel that I'm not alone in this.

I haven't posted because I've been feeling down . . . I got access to an unfiltered device and fell. I was experiencing increased feelings of desire which I attribute to withdrawal. I still don't have a way to deal with the symptoms. Advice would be appreciated.

I made it to 10 days which is an accomplishment. This has been a learning experience. I'm not going to make it to 90 on my first try, maybe later in the year. My next goal is going to be to try and double my first try. This time I've set up a neder. BS"D I'll have continued success this time around.

Here goes Day #1.

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Re: Giving a Genuine Try  
Posted by omekhadavar - 08 Nov 2021 05:13

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Day #2

Today was the best day I had since I started. I got up for Shachris (maybe because we switched the clocks) and made it to every seder. I had little to no taiva. Although, when the Rosh Yeshiva was walking past me he took a long stare into my eyes (longer than I've ever seen him do before). Sort of felt like he was looking through me.

Round 2 is off to a great start.

Signing off for the night,

*-Dvar Ha'emek*

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Re: Giving a Genuine Try  
Posted by anonymous.lost.everything - 08 Nov 2021 16:42

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I quit a good shiur because I got paranoid about the magid shiur reading stuff about me on my forehead. Don't let it happen to you.

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Re: Giving a Genuine Try  
Posted by omekhadavar - 10 Nov 2021 04:40

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Day #4

Today went very well. I was able to stay completely clean. I didn't lust for anything. I wonder if it has to do with the fact that I fell last week and it will restart when I get to day 9/10. Only time will tell. I started to read up on these issues, hoping it will help me understand what I'm up against.

Signing off for the night,

*-Dvar Ha'emek*

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Re: Giving a Genuine Try  
Posted by committed\_togrowth - 10 Nov 2021 05:22

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You're doing an incredible job, keep up the good work!

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Re: Giving a Genuine Try

Posted by Hashem Help Me - 10 Nov 2021 12:25

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It is normal for some level of withdrawal to hit at some time. Do not panic when/if that happens. Understand there is no physical **need** to ejaculate. The body does not overproduce and create a volcanic condition with actual physical pressure. Excuse the following blunt comment, but when one ejaculates after 50 days, the same amount comes out as after 3 days. Withdrawal is **in the mind** completely, and needs to be treated as such. First thing - stay calm and accept that it is normal and expected to happen. secondly, try to laugh it off. Say something like "Yetzer hara, leave me alone. i know what you want, but nobody is holding a gun to my haed and telling me i have to watch pornography or masturbate. My brain controls my penis - no outside force does. and i am not interested in your shenanigans anymore. Go find some other customer." The blunter you say it, the more clinical (not prust, chas v'shalom) you describe it, the more the **monster** you were always scared of shrinks in size. Hatzlacha.

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Re: Giving a Genuine Try

Posted by omekhadavar - 12 Nov 2021 20:15

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I fell again yesterday. I was mentally exhausted. I think that's what caused it. I don't have any willpower when I'm tired. I haven't figured out how to deal with that yet. I'm going to pick myself up and take another shot. So far I have a total of 15 days clean.

Here goes Day #1 . . .

*-Dvar Ha'emek*

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Re: Giving a Genuine Try

Posted by omekhadavar - 15 Nov 2021 04:37

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Day #3

Last night I watched a full movie. It didn't cause me to fall, but it did make me stay up till 2 AM. I was exhausted today and had many urges. I still do not have any plan on how to deal with exhaustion. It always causes me to fall. I have zero discipline when I'm tired. Advice is appreciated.

Signing off for the night,

*-Dvar Ha'emek*

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Re: Giving a Genuine Try  
Posted by Hashem Help Me - 15 Nov 2021 12:16

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Change the script buddy. You can be exhausted and not act out....

You wrote "It (exhaustion) always causes me to fall". Sorry, but there is no "it" in the world that causes anyone to fall. It is your brain and my brain that decide rach"l to act out. Maybe when we are tired we make poor choices, but it is our choice. Of course if exhaustion magnifies the nisayon, try to get adequate sleep and make a plan for times you are very tired. But after it is all said and done, excuse my blunt language, your brain controls your penis.

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