

My new life

Posted by bochur23 - 25 Jan 2022 11:45

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I was debating if I should just continue my old thread

(<https://guardyoureyes.com/forum/19-Introduce-Yourself/359379-restarting>), but I decided to make a fresh start.

I've "tried" many times before to fight this, without much success. Over the past year, I've had some better times, but so far nothing lasting.

What's different now is that boruch hashem I have constant access to GYE on a filtered device (until now it was always on unfiltered devices, which is why I didn't visit too often). Hopefully that will help things along, as I'll be able to use all the resources available to help me.

Im yirtzeh hashem I will now be able to update every day, and I plan to do so.

So today starts day 1 of the rest of my life!

Bochur23

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Re: My new life

Posted by bochur23 - 18 Dec 2022 06:36

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Ok, so I have my (current) plan ready. Some of it is the same as before, some of it is new. IYH, it'll work.

### ***Dealing with Cues / Triggers***

#### **MY TOP CUES**

- Having an unfiltered device available.

#### **HOW I WILL MINIMIZE EXPOSURE TO THESE CUES**

- Try as much as possible not to be around unfiltered devices.
- When around unfiltered devices, try to be busy with other people.

### ***Dealing with Urges***

**Stop!** Pausing and acknowledging the urge turns off autopilot mode. You can then step back and consider different responses.

**Distract** Distraction is a simple and effective technique for dealing with urges **Urge Surfing** Urge surfing is a technique that conceptualizes urges as waves that can be surfed until they pass.

Any and all feedback welcome (positive, constructive, critical...)

A Freilichen Chanukah!

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Re: My new life

Posted by Eerie - 18 Dec 2022 06:59

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I can only think of positive things to say, like WOW! You are amazing! You never give up, you keep trying, you keep analyzing your urges and your struggles, you keep trying to find the ideas that will work to keep you in a good place...you make me proud, so I could only imagine how proud Hashem is, that He has this precious child down here, with so many tests and challenges, and he tries his best to make his Father proud. Keep trucking, my dear friend!

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Re: My new life

Posted by bochur23 - 29 Dec 2022 03:18

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Half my plan worked for the most part, I kept myself busy and far away from my cue - unfiltered

devices. The other half didn't really, the night before I left back to Yeshiva I fell with an unfiltered device - without trying any of my urge management strategies.

Does this strategy not work for me, or do I need to practice it more? (Boruch Hashem) I don't get enough opportunities to test it out... So for now I'm going to stick with it for another while. Any advice for this detail is welcome.

In the bigger picture, it's a now over two months since I came to this Yeshiva. During these 60 days I've fallen 6 times (2 of them when I wasn't in Yeshiva). Definitely better than before, but I don't think/feel that I've gotten healthier during this time (granted, that wasn't my goal - I was mainly trying to make "breathing space" to be able to think clearly about this issue).

I have another month before my parents start nudging me about shidduchim again, and I'm not  
(I think this is also causing another issue, that I don't even let myself think about what I want from myself, and what type of person I want to marry. Any bochurim on here relate to this?)

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Re: My new life  
Posted by jackthejew - 29 Dec 2022 16:58

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[bochur23 wrote on 29 Dec 2022 03:18:](#)

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Yep. Couldn't think about any of life when I was constantly fighting  
getting younger (ok, ok, I'm not such an old man)

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Re: My new life

Posted by YeshivaGuy - 12 Jan 2023 02:23

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[bochur23 wrote on 29 Dec 2022 03:18:](#)

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Yup...

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Re: My new life

Posted by bochur23 - 13 Jan 2023 07:33

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So. Today (Friday) is 82 days since I started working in this Yeshiva. During this time I've watched porn 6 times, twice when I was not in Yeshiva and four times with loopholes I found on my phone (closed up since).

Since Chanukah I haven't continued with the flight to freedom program because things got too hectic here, and I didn't have opportunities to test if my plan is good before I continue to the next

part. I probably should continue either way.

IYH tomorrow I'm going back to my old place for Shabbos (until Sunday afternoon). The issues with unfiltered internet are still there, IYH I'll manage. I haven't spent time with my friends since Tishrei, it's not healthy to be so antisocial...

This is all on the (more) "technical" side. On the more "internal" side I'm really not sure how to proceed. I don't see any concrete change in myself yet, and I don't know how to do it. I wish I had someone in a mentor position who I'm comfortable enough to speak with openly...

Whenever I think about my friends who are married already, having children etc it reminds me that I'm not moving on in life... Not that I feel empty ???, I actually feel very accomplished in my current job in Yeshiva. But at the end of the day, I'm not establishing a family of my own yet.

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Re: My new life

Posted by Vehkam - 13 Jan 2023 20:40

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You mention watching 6 times etc. do you have a scorecard of the amount of times during that period that you resisted your urges? keeping score of that may be very helpful. Each time you resist you are building yourself. It's important to recognize that.

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Re: My new life

Posted by bochur23 - 13 Jan 2023 21:13

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[Vehkam wrote on 13 Jan 2023 20:40:](#)

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That's exactly my point. As I've written before, I don't feel I've ever resisted yet. I'm just not in a situation where it's accessible. The six times it was, I gave in.

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Re: My new life

Posted by bochur23 - 18 Jan 2023 06:37

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Tonight i emailed the therapist I spoke to 3 years ago to ask for advice/help with my situation. I know I'm doing the right thing, but right now I'm dreading/regretting it (not sure how to accurately describe the feeling). IYH it'll be a good beginning...

In other news, I fell Friday and Motzoei Shabbos - as I pretty much expected. So that makes a grand total of 8 times I watched porn in the last 90 days. Not bad. IYH I'll do better in the coming months.

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Re: My new life

Posted by Emes-a-Yid - 20 Jan 2023 20:58

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Proud of you bochur23 IYH!!! hatzlacha raba

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