

Connecting the days

Posted by connected - 05 May 2022 17:34

I figured I'd start a new thread under this category to help me keep track of my progress.

I had a tough day with my wife yesterday. (Actually, if I'm being honest, she had a tough day, and her mood spilled over, dragging me down.) Finally, after putting the kids to bed and having something to eat, I needed to go to the grocery. I got into the car, still upset, and as I was waiting at a red light, this attractive woman walked by right in front of me, and my eyes helpfully escorted her across the street.

Suddenly, the following hit me. And I said it out loud (all windows were closed...).

"What are you doing? You're upset at your wife, so you're ogling other women? Do you think you're somehow getting even with her? All you're doing is destroying yourself."

This helped me snap away my destructive gaze.

This is not the first time I behaved this way while being upset with my wife. But it's the first time I had this thought that helped me out of it. I didn't put that thought there.

Thank You, Hashem, for that thought.

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Re: Connecting the days

Posted by Ybird - 13 May 2022 13:12

putting it outside the bathroom on the heighest volume would work better, try timing your avg quick shower with all other stuff like getting dressed, brushing teeth, etc and then set a timer for that time

youll have a side benefit that you'll be out quicker and have more time during the day,

(you can impliment this idea at other tasks during the day like eating, naping, walking, youll find that you have much more time during your day than before)

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Re: Connecting the days

Posted by connected - 13 May 2022 15:31

[Hashem Help Me wrote on 13 May 2022 11:02:](#)

Maybe - If you have an accountability partner, text him when you go to take a shower, and then text when you are done and clean. Accountability is powerful.

That's so true.

An accountability partner would likely help me with more than just shower time...

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Re: Connecting the days

Posted by connected - 15 May 2022 04:33

18 days.

Chai!

Thank You Hashem for a beautiful Shabbos!

I ask you to please continue holding my hand and lead me through this minefield called **Sunday shopping**. I don't know where not to step. I don't know in which direction not to happen to look. There's no way to know. But that's all it takes. One wrong step, and the mine is activated; one wrong look and the fire is raging.

I'll let you guide me.

Here's to an awesome Sunday!

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Re: Connecting the days

Posted by connected - 16 May 2022 17:50

19 Days

The furthest I've ever made it (I look forward to writing this line every day now...)

Motzei Shabbos passed productively. I usually have a hard time falling asleep on MS. In the past, I would go for a session and then watch YouTube for hours - probably the worst possible way to start off the week. B"H, I filtered my phone and gathered the courage to block YouTube; I spent my time reading and journaling.

Hello, new week.

B"H Sunday went amazingly well. I was able to focus on what was important and be present where I was needed, and not get distracted by my usual Sunday triggers.

Breathe.

Focus.

One ~~day~~ moment at a time.

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Re: Connecting the days

Posted by connected - 18 May 2022 14:16

21 Days

The furthest I've ever made it (I look forward to writing this line every day now...)

Are we talking about me?

Does this number represent the number of days I survived, nay, thrived without seeking out P&M as an escape?

Upon closer inspection, yes.

This number is mine.

Mine forever.

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Re: Connecting the days

Posted by connected - 22 May 2022 04:27

25 Days

The furthest I've ever made it (I look forward to writing this line every day now...)

Nice shabbos.

Nice week.

Triggering Daf Yomi.

I've got nothing to write.

Still standing.

Have a great week y'all.

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Re: Connecting the days

Posted by connected - 24 May 2022 19:34

27 Days

The furthest I've ever made it (I look forward to writing this line every day now...)

I'm approaching the 4-week mark. Not that four weeks is "a thing," but it's like a mile marker on my journey.

He tried tripping me up in my sleep. Showing me my phone in my dream as though I'm watching p**n.

I woke up with a burning urge.

Good thing I woke up a bit late, so I didn't have time to act out right then and there. As time went on, I identified the dirty tactic.

B"H, still standing.

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Re: Connecting the days

Posted by 5Uu80*cdwB#^ - 24 May 2022 20:50

Amazing job getting to 27 days!

Can you filter your phone? Why do you have access to shmutz on your phone?

Keep up the great work!

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Re: Connecting the days

Posted by connected - 24 May 2022 21:25

[5Uu80*cdwB#^ wrote on 24 May 2022 20:50:](#)

Amazing job getting to 27 days!

Can you filter your phone? Why do you have access to shmutz on your phone?

Keep up the great work!

I actually do have a filter and WebChaver for the last 27 days. (Thank you, Rabbi Yitzchak Berkowitz, for giving me the final push.)

I'm saying that my dream was of my phone playing a p**n clip. No filter for that so far.

When I woke up, the urge was burning so intensely that I didn't even need p**n to act out.

B"H I didn't have time then (Thank you 6:00 am Chavrusa waiting).

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Re: Connecting the days

Posted by 5Uu80*cdwB#^ - 24 May 2022 21:42

Ah, okay. Got it!

I understand what you're saying. Very inspirational to me.

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Re: Connecting the days

Posted by Hashem Help Me - 25 May 2022 11:07

When breaking out of this mess, it is very normal to either have wet dreams or wake up very triggered. It is the subconscious mind's way of trying to get that pleasure. The good news is that it diminishes as time goes on b'ezras Hashem - but in the beginning it can be uncomfortable. Do not let it demoralize you.... Much has been written about this on various forum threads. Continued hatzlocha - keep inspiring the chevra here.

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Re: Connecting the days

Posted by connected - 25 May 2022 17:55

[Hashem Help Me wrote on 25 May 2022 11:07:](#)

When breaking out of this mess, it is very normal to either have wet dreams or wake up very triggered. It is the subconscious mind's way of trying to get that pleasure. The good news is that it diminishes as time goes on b'ezras Hashem - but in the beginning it can be uncomfortable. Do not let it demoralize you.... Much has been written about this on various forum threads. Continued hatzlocha - keep inspiring the chevra here.

Indeed.

I'm not surprised or upset by the dream, for it's not the dream that counts but rather our reaction.

And with help from above, the response was in my favor.

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Re: Connecting the days

Posted by connected - 29 May 2022 03:29

32 Days

The furthest I've ever made it (I look forward to writing this line every day now...)

A lot happened since my last post.

- I lost approximately a pound.
- I didn't devour *that* sight.
- It rained like heck almost all Shabbos.
- I made it to - and past - 30 days.
- I got rid of the bees that claimed my deck.
- And much much more

I'm well aware that everyone's terribly curious about everything I mentioned, but I'll just focus on two points.

1) These bees were driving me nuts, I bought out Walmarks pesticide products and one of them did the job. TYH for that.

2) Feels good to have 32 days under my belt. Not too shabby for a guy who's longest streak used to be 4 days.

Can't let my guard down, these bees can return and so can my demons.

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Re: Connecting the days

Posted by connected - 31 May 2022 17:34

34 Days

The furthest I've ever made it (I look forward to writing this line every day now...)

Just checking in.

Still standing.

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