

Connecting the days

Posted by connected - 05 May 2022 17:34

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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 connected - 15 Jun 2022 00:44

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**49 days**

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

Yawn...

(Probably one of the more profound and relatable posts I've produced.)

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Re: Connecting the days

Posted by Markz - 15 Jun 2022 02:18

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[connected wrote on 15 Jun 2022 00:44:](#)

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CONGRATS - you did the 49 days of sefira and made it to the finish line!!!!!!!!!!

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Re: Connecting the days

Posted by connected - 15 Jun 2022 02:29

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[Markz wrote on 15 Jun 2022 02:18:](#)

[connected wrote on 15 Jun 2022 00:44:](#)

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Hmm.

Now that you put it that way, it *is* kinda impressive.

Thank you!

Alas, GYE doesn't recognize 49 as a celebration-worthy number, so I have another whole day to plan my party.

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Re: Connecting the days

Posted by jackthejew - 15 Jun 2022 07:12

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[connected wrote on 15 Jun 2022 02:29:](#)

[Markz wrote on 15 Jun 2022 02:18:](#)

[connected wrote on 15 Jun 2022 00:44:](#)

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Re: Connecting the days

Posted by connected - 15 Jun 2022 12:19

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[jackthejew wrote on 15 Jun 2022 07:12:](#)

[connected wrote on 15 Jun 2022 02:29:](#)

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Cheesecake medallion, you say? Tell me more.

Although I'd appreciate a smoked brisket, or grilled ribsteak medallion, cheesecake has its place

too...

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Re: Connecting the days

Posted by connected - 16 Jun 2022 15:05

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## 50 days

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



Now that added some color to my profile.

I'm sincerely thankful to all members who put themselves out there (here) and constantly share their struggles and triumphs. Reading about others' struggles cured my loneliness, and reading about victories helped me find and work out a path that can work for me.

Until a few months ago, I had given up on a porn-&-masturbation-free life. I was convinced it was simply impossible to quit. I perceived quitting as submitting to a life of misery and withdrawal for the rest of my life.

Friends, especially those still finding it hard to fully entertain the idea of letting go of porn & masturbation (I know you want to stop, but I'm talking about deep down...), here's my advice. The thing that helped me the most is realizing that Porn & Masturbation doesn't yield the benefits we come to believe it provides.

It doesn't make you relaxed.

It doesn't relieve stress.

It's all a lie.

All it does is numb your discomfort by sapping your energy. Once your energy is back, so is the stress. And now you feel like crap.

Stop seeing it as making a sacrifice; you're not giving up anything. On the contrary, you're getting rid of it.

It's not an action that needs to be changed; it's a mindset.

I'm not whitewashing the hardship and withdrawal symptoms, especially the first few days. Indeed, it was very uncomfortable in the beginning. But know that, with the right mindset, the discomfort doesn't last. We must learn to focus on the prize, and the pain won't matter.

In order to focus on the prize, we must first envision it.

Imagine how awesome it'll feel to be able to say I don't need porn & masturbation.

Imagine how powerful you'll be as a human being who can handle stress from within.

Imagine how much stronger your relationship can be with our creator. You're creating yourself! (Ramchal, Derech Hashem)

Have a concrete vision of a beautiful and powerful future-you, and ask yourself, "Is this even a sacrifice?"

Upward and onward!!

Stay Connected

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Re: Connecting the days  
Posted by sleepy - 16 Jun 2022 18:16

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[connected wrote on 16 Jun 2022 15:05:](#)

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Re: Connecting the days

Posted by connected - 16 Jun 2022 19:08

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[sleepy wrote on 16 Jun 2022 18:16:](#)

[connected wrote on 16 Jun 2022 15:05:](#)

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Thanks for the well-wishes! IY"H by you! (Is it appropriate to vinch this here?)

1) I addressed the illusion of relaxation that masturbation induces. It numbs, not relaxes. For instance, contrast it with deep breathing or exercise, one leaves you feeling relaxed yet energized, and the other one makes you feel like a used rag. Then again, I can't speak strictly for you; this is my experience (and I was under the illusion for many years) and that of others I've talked to.

2) I did see the question you posted (as you state). I enjoyed it. I commented too. And you responded to my comment. (Are you sleepy...? lol). I still want to get back there. (I need to discuss a GYE break with my paycheck-signer. 5-6 hours a day should suffice.)

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Re: Connecting the days

Posted by sleepy - 16 Jun 2022 20:07

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yes i know that you read and commented, i mustve worded my post wrong, hatzlacha!

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Re: Connecting the days

Posted by connected - 16 Jun 2022 21:14

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[sleepy wrote on 16 Jun 2022 20:07:](#)

yes i know that you read and commented, i mustve worded my post wrong, hatzlacha!

Ah, I got it.

I owe it (whatever "it" is) to hundreds of hours of listening to Rabbi Dovid Gottlieb for turning me into a stickler for words.

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Re: Connecting the days

Posted by connected - 19 Jun 2022 05:06

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## 53 days

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

Emotional Rollercoaster of a weekend. I'm too lazy to sort it out.

In short: the toughest part was Friday night, and the best part was solitary Shachris in the forest. Bliss. (That chipmunk understood me.)

Still, I gotta admit, 53 days is kinda shtark.

*Stay connected*

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Re: Connecting the days

Posted by frank.lee - 19 Jun 2022 08:48

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Shabbos Shacharis in a forest - sounds awesome!!!

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Re: Connecting the days

Posted by connected - 19 Jun 2022 13:13

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[frank.lee wrote on 19 Jun 2022 08:48:](#)

Shabbos Shacharis in a forest - sounds awesome!!!

You bet it is!

But don't forget the most important factor: solitary.

No schmoozing. No shushing. No one drinking coffee. No one taking my seat. No chairs for my talis to get stuck in.

Should I go on?

(I've got a lot of problems with you people...)

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Re: Connecting the days

Posted by Hashem Help Me - 19 Jun 2022 18:54

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But that does not sound very "connected"...

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