

Why is it so hard?

Posted by Geshmak! - 21 Oct 2022 04:30

I'm almost by 90 but it soooo hard!! Like I'm going crazy! Shouldn't it get easier and easier?!?!

Are these urges ever gonna go away ... like I feel I can't anymore....

please can someone that has been all the way in and got out tell me that it will get easier and I'll bhy be able to live a calm life with out just thinking lustful thought a whole day...like all I see is...women's behind bouncing up and down like can't I grow up and not live so low. I want to live higher happier etc. so started 90 days and thought that when I get there I'll be a changed man but I'm pretty close(86 bh) and it just so hard still. I'm starting to get disappointed and feel like given up so I would love to hear from real people that went through this that it will get easier and life gets better,and that I just need to give it some more time.

It will be greatly appreciated!!

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Re: Why is it so hard?

Posted by Hashemschild.1 - 12 Dec 2022 08:03

[Geshmak! wrote on 12 Dec 2022 05:18:](#)

Sunday night December 11 2022.

Just staying accountable:

I'm going through some huge urges... I don't know why but that doesn't really matter. Im bhy gonna just pull through and not do anything that H' my dear father in haven doesn't want me to do!!

KEEP STRONG!! YOU CAN DO IT!!!! Hashem loves you! These nisyonas are for your good!
??? ???!!

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Re: Why is it so hard?

Posted by Eerie - 12 Dec 2022 18:11

Hey, reb Geshmak! You are my inspiration! Keep up the holy fight my holy brother! We are all waiting to hear from you, keep us posted. We are davening for you. I loved your post about there's no such thing as one step back. Beautiful point.

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Re: Why is it so hard?

Posted by Geshmak! - 13 Dec 2022 01:03

BH I just went to sleep with out doing anything to stimulate myself!! Thank you H' and thank you all my friend from GYE!!

Warning: Spoiler!

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Re: Why is it so hard?

Posted by Geshmak! - 13 Dec 2022 01:17

I was thinking something... I wonder if anybody can help me understand this a little better. Basically I want to know if by being so careful and watching yourself not to be nechshel just

makes it so much harder and just makes everything into a trigger... Like I don't believe guys that don't watch their eyes get even closed turned on from stuff I get turned on from... Like by them it's just a regular thing, their are man and their are women and just like God made a nice trees etc. He made nice women and he just enjoys the look he doesn't think a second abt sex. But by me because I'm not allowed to look I start thinking... Why can't I look? Oh,cause if I look I might end up having sex with her. Like it just makes every lady into a nisyen... Like the eser yechid makes me feel that if I ever gonna be in a room myself with a lady I'll for sure gonna have sex with her... Cause if not why would it be user. Like giyem have no problem watching sexy movies or go to mixed beaches etc. I would come in a second... By them it's just that's life it's not a big deal and not a big monster that we make it if it. Like that's why you can have mixed dancing by modern weddings and nobody's going crazy and by our chasenahs if you by mistake see some girls dancing on the other side of the mechetzah you can't stop think how cool it looked and how you wish etc. I can give more examples but they might give people triggers so I'm stopping here (can give u a hint...do you get more turned on from a frum lady's knee uncovered or a Mexican lady's behind?) But I think u got my point... That by being so busy not to get triggered were actually make our self more triggered... Maskim? If not please explain why... Thx!

I'm not saying that I have charutah for a second on the life style I was brought up in or that I'll c'v start being less careful with my eyes or start exposing my kids to more... Of course not! You want to know why? Cause if H' which made the world and all the pleasures in it said in he's haligah Torah that a person should be careful and watch himself very strongly when it comes to kidushah and we have so many halachis abt it (like it's user to walk behind a lady, No touching, looking...) Its for sure the best thing for me even if it makes it harder and makes women in to a object more than just a regular thing... It's worth it in the long run in this world and the next!!!

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Re: Why is it so hard?

Posted by doingtshuva - 13 Dec 2022 01:22

Totally agree.

I am to busy with not falling, just fell going to fall and fell anyways.

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Re: Why is it so hard?

Posted by Vehkam - 13 Dec 2022 02:24

This conversation comes up every few months if you look back through the forums you will find it played over again and again.

If you teach yourself how to quickly move on from the urges before they take hold it will eventually become much easier and you won't think about it.

What works for me is to be constantly working on connecting to hashem. When I am actively doing that I am much more motivated to calm/move on from/avoid desire.

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Re: Why is it so hard?

Posted by Human being - 13 Dec 2022 06:35

[Geshmak! wrote on 13 Dec 2022 01:17:](#)

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When we try to not have thoughts, that's when they become stronger. My advice would be to just observe the thought and not try to fight it. Just observe you are having a sexual thought, and don't judge yourself and try to remove it. Because trying to remove it, just makes the thought stronger.

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Re: Why is it so hard?

Posted by jackthejew - 13 Dec 2022 09:01

[Geshmak! wrote on 13 Dec 2022 01:17:](#)

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If you have time, please check out this talk from dov, where I think he addresses this idea at length: guardyoureyes.com/GYEFiles/MP3s/Dov/Dov's%20Recovery%20Talks/Why%20is%20addiction%20so%20rampant%20in%20the%20frum%20community.mp3

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Re: Why is it so hard?
Posted by Geshmak! - 14 Dec 2022 02:55

If you have time, please check out this talk from dov, where I think he addresses this idea at length: guardyoureyes.com/GYEFiles/MP3s/Dov/Dov's%20Recovery%20Talks/Why%20is%20addiction%20so%20rampant%20in%20the%20frum%20community.mp3

I want to read it but the link doesn't work can you please fix it or dov can you please explain it?
Thx!

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Re: Why is it so hard?
Posted by Markz - 14 Dec 2022 04:12

[Geshmak! wrote on 14 Dec 2022 02:55:](#)

If you have time, please check out this talk from dov, where I think he addresses this idea at length: guardyoureyes.com/GYEFiles/MP3s/Dov/Dov's%20Recovery%20Talks/Why%20is%20addiction%20so%20rampant%20in%20the%20frum%20community.mp3

20community.mp3

I want to read it but the link doesn't work can you please fix it or dov can you please explain it?
Thx!

Here's the link

[DOV - Why is addiction so rampant in the frum community](#)

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Re: Why is it so hard?

Posted by Geshmak! - 14 Dec 2022 04:28

Omg!! It's way to long for me...

I went through it fast like skipping most off it... but it seems he's saying that it is a problem... that I know! I want to know what's the solution... like how are we spouse to look at these haluchies?

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Re: Why is it so hard?

Posted by Markz - 14 Dec 2022 12:36

[Geshmak! wrote on 14 Dec 2022 04:28:](#)

Omg!! It's way to long for me...

I went through it fast like skipping most off it... but it seems he's saying that it is a problem... that I know! I want to know what's the solution... like how are we spouse to look at third haluchies?

To me, one of the greatest teachers that helped opened my eyes to our struggle with porn was / is Dov. Which is why he landed in my signature.

It's worth your while to take the time and listen to one of his recordings - yes it's long winded, but he manages to get powerful points across that way.

You can also read Dov posts which are extremely helpful sponsored by gibbor- see my

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signature

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Re: Why is it so hard?

Posted by Geshmak! - 25 Jan 2023 14:38

Let me know if you find any gold there.
Hi! So I wasn't on gye for a while. Here's a quick update on my progress in the fight against the yh. I'm bh doing good with not watching p & m cause I don't have access to it bh... but the problem is that I still love to lust etc and I really have to work on that which I will bhy on the streets and also in my house not to lust over my wife like I gotta just cut lust out of my life period! I had a fall last week when got new phone and just had to check out something fast

but I'm already a week away from the poison I took in through my eyes (literally you take in what you see you don't realize but it's just like taking poison in to your mouth you can take it in through your eyes ears... r'l) so my withdrawal symptoms are calming down bh... I really really hope not to ever ever fall again it's just to painful. Hope all my friends on here are doing fine. Like I actually missed you guys! It's great to be back!

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Re: Why is it so hard?

Posted by DavidT - 25 Jan 2023 15:57

[Geshmak! wrote on 25 Jan 2023 14:38:](#)

Hi! So I wasn't on gye for a while. Here's a quick update on my progress in the fight against the yh. I'm bh doing good with not watching p & m cause I don't have access to it bh... but the problem is that I still love to lust etc and I really have to work on that which I will bhy on the streets and also in my house not to lust over my wife like I gotta just cut lust out of my life period! I had a fall last week when got new phone and just had to check out something fast

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what you see you don't realize but it's just like taking poison in to your mouth you can take it in through your eyes ears... r'l) so my withdrawal symptoms are calming down bh... I really really hope not to ever ever fall again it's just to painful. Hope all my friends on here are doing fine. Like I actually missed you guys! It's great to be back!

We missed you too. We hope you'll continue with your great progress! Keep in touch.

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