

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!!

=====

=====

Re: Why is it so hard?

Posted by Geshmak! - 26 Jan 2023 06:00

---

So I thought of a plan how I can work on my lust problem. I think I should take it slowly,like first start to work on watching my eyes when I'm on the streets, like you can't lust over something you didn't see. So step one is to watch my eyes. So the truth is I do watch my eyes pretty much when I'm out on the streets,but the fee times I do give a look it's a long and deep thought out look and that gets my lust rolling... but why do I forget abt all the times I looked away? Of course it's the yh that just puts the ugly bad feelings of why did you look so long loser! But if I would start keeping track on how many times I actually want to look and I looked away I would feel so good and accomplished I would see clearly that I look away more than I give in... so I did this for a few days now and let me tell you it really is helping me. I text my self every time I see a lady that attracts me and I want to look for another second and I look away that's a number so first time I looked away I texted 1 and next time 2 it was adding up so fast that I just left it as draft and kept on changing to hire and hire number it felt so good and it helped me hold myself back first because I was so much more conscience of what I was abt to do it wa like look or not so than it's just don't look and also I wanted more points. I got to a hundred points in less than 3 days! It was a real eye opener for me like the yh blinds you of all the good you really do... I'm not saying I didn't look I did but it was like 10 against 100... in the beginning I took off from the number I minus off one digit every time I looked to long but than I stopped doing that cause it's impossible to delete a time I looked away for the sake of doing the right thing the nachis I gave my father in haven then will never ever be erased !! (Even if now i looked to long it just locked in,this is a different chasben)

So please try this you'll love it! Every time you hold yourself back from looking at something

you wanted keep track of it even if you know the next one you'll look and stare. It will boost your confidence and you'll be shocked to see how many times you actually really do look away and control yourself! Good luck!

and when you get to a thousand times off looking away (even if you watch and looked a thousand other times)make sure to make a BIG party cause it's something to celebrate BIG TIME!

=====

=====

Re: Why is it so hard?

Posted by willdoit - 26 Jan 2023 15:51

---

Love the idea. Thanks for sharing.

=====

=====

Re: Why is it so hard?

Posted by frank.lee - 29 Jan 2023 22:18

---

Amazing idea!!!! Thanks for the inspiration!!

=====

=====

Re: Why is it so hard?

Posted by Eerie - 29 Jan 2023 22:18

---

Hey, Reb Geshmak! I love your post. Mamash gevaldig!

=====

=====

Re: Why is it so hard?

Posted by Geshmak! - 31 Jan 2023 03:14

---

I had small fall but big win last night BH! My wife has mid winter vacation so I took a day of Yeshivah to spend some time with her... I was nervous because I have a problem with guarding

my eyes and going place is not easy... But BH I stayed focused on her and didn't looking around and it was a smashing success... But the yh hasn't happy that I was happy and when I got home at 1am I sat down on my couch to relax a few min. With my phone. And somehow I figure out a way to get around my very strong filter I wasn't even trying it just happened so I scrolled a few min. But than stoped and I text hhm that if I touch the phone again during the night I will give him 1000 bucks... Believe me it wasn't easy but I just went to sleep and woke clean! Thank you H'! Now I gotta take care of this hole and get on with my new clean life...

Thank you yeshivah guy for the 1000 dollar idea. It worked for me for last night.

=====

=====

Re: Why is it so hard?

Posted by Geshmak! - 31 Jan 2023 04:36

---

don't know why. I wish I could've just stopped but I just wasn't there.... Whatever

=====

=====

Re: Why is it so hard?

Posted by Markz - 31 Jan 2023 04:42

---

[Geshmak! wrote on 31 Jan 2023 04:36:](#)

don't know why. I wish I could've just stopped but I just wasn't there.... Whatever

THE GYE FALL PICKUP UP SQUAD HAS ARRIVED!

Just fell.

WHAT HAPPENED?

LETS US KNOW AS WE SHARE ALL UNSOLICITED INFO WITH THE SUPERVISOR AND HE WILL MAKE SURE THATS THE LAST TIME IT HAPPENS!

If it's to do with filters, TAG is the responsible party - our squad is not associated with games!

=====

Re: Why is it so hard?

Posted by DavidT - 31 Jan 2023 18:16

---

[Geshmak! wrote on 31 Jan 2023 04:36:](#)

don't know why. I wish I could've just stopped but I just wasn't there.... Whatever

Did you get right back up?

*The Be'er Mayim Chayim* says that in the army, when they would want to test a great soldier to see if he's fit to be a general, they would put him on a wild horse that was impossible not to be thrown off of. Although no one could stay on that horse, the test was only to see how fast he would get back up after he was brutally thrown down and wounded.

=====

Re: Why is it so hard?

Posted by Geshmak! - 01 Feb 2023 04:26

---

Thx so much for your chizuk!!  
Just fell.

basically I'm a clinical sex addict and the real only cure for me would be to go to sa but for now I can't join. So I really got to be careful with not having access to any form of stimulation cause if I do I seriously can't control. But I'm not giving up! No way! Im gonna now bhy get to day 90 I got there before and I'm gonna get there again with H's help! Im gonna focus more on ??? ??? more than on staying away from ??? ??, in other words I'm gonna make kablaks on doing good stuff and ?????? I'll have power to overcome my crazy fire of lust.

btw I don't really get this whole karma thing but it's interesting that yesterday I saw I went from 4 to 3 I don't really care if I don't have high number but I felt bad that someone put down my number like was upset or whatever with me. But today when I came on I saw it was back to 4 I

felt good I think someone must of realized that someone put down and he put it back up so I shouldn't feel bad... thank you so much you made me feel good. I don't know who you ar but you know who you are... you should be gebentcht!!

=====

=====

Re: Why is it so hard?

Posted by Markz - 01 Feb 2023 04:48

---

[Geshmak! wrote on 01 Feb 2023 04:26:](#)

Thx so much for your chizuk!!

basically I'm a clinical sex addicted and the real only cure for me would be to go to sa but **for now I can't join**

There's a well known segula that helps for this.

You say these words 3 times and watch the magic happen as you speak!!

*"the real only cure for me would be to go to sa but honestly I don't want to join"*

=====

=====

Re: Why is it so hard?

Posted by Geshmak! - 01 Feb 2023 05:24

---

[Markz wrote on 01 Feb 2023 04:48:](#)

[Geshmak! wrote on 01 Feb 2023 04:26:](#)

Thx so much for your chizuk!!

basically I'm a clinical sex addicted and the real only cure for me would be to go to sa but **for now I can't join**

There's a well known segula that helps for this.

You say these words 3 times and watch the magic happen as you speak!!

*"the real only cure for me would be to go to sa but honestly I don't want to join"*

Believe me I want to join! My life would be so much better and calmer... I don't really want to discuss this on a public forum but basically my sponsor told me I'll learn to much bad and not take out to much from the program. Because I'm addict that didn't do to much like get to rock bottom (bh) so I don't feel I need 12 steps to save my life and he says that to have success in sa is only if your really into it and feel you can't live life with out it. I spoke to my therapist and Hhm about it it's a long story. I'm actually reading the book and like it but I wish to be part of a group that can understand me or even talk to one other sex addict that relates to me and my struggles ( like my wife just can't understand why I can control myself) my sponsor said he'll try to get me a partner to read the book with but so far he hadn't found anybody. But I'm not giving up! I have he's number and he told me to call him when I feel I can't live with out 12 sep program but I hope not to get their.

it's not so clear what I'm writing but if you would be involved in this I think you would understand.

=====

Re: Why is it so hard?

Posted by doingtshuva - 01 Feb 2023 10:59

---

You don't want to join or for now you cant join ??

=====

Re: Why is it so hard?

Posted by Geshmak! - 01 Feb 2023 14:46

---

Let me try to be a little more clear.

basically I have done crazy dangerous silly foolish stuff because of my sex drive. Which means that I'm a addict( I can't go into details but things that could've destroyed my life and the life of my family) but I bh never hooked up with anybody (even though I was close) and at sa a lot or maybe most have been with others and by me being there and hearing how others did it and how they felt before ( I won't even hear the second half how they felt after) I will get very triggered and probably will cv fall into the worst. But in a way if I'm addict I need to know how to control myself and how to live life as an addict. Like if I'm gonna be in a situation when I have access to bad stuff or worse will I be able to control myself??? So what a ??? would do is go fall 20 times do the worst of the worst and hit the rock bottom and then see for himself that he can't live with out sa 12 step. But I'm bh a yid and I can't do that. So I was really stuck and I couldn't decided what to do so I spoke to people with a lot of experience and I am in touch with them. But yes I wish to join sa and get helped it for now it won't help me it probably will make me worse r'l... but I'm not giving up on a clean life! Yes addicted or not I'm a Jew and my father in haven which made become a addict gave a Torah with rules and this apply even for addicts. And he will give me the kiach j need to fight my addiction ( cause I CANT do it myself) H' which split the ?? ??? will split my problems and let me free of my ??????. Bhy!!

but I have to do mine to be careful and watch that I don't fall again so I was mekabel on myself for the next 40 days to say ????? and in the week days the ??? from before putting on my ????? in side my ????? and think the words and have in mind what I'm saying.

Thank you everyone for just being here to listen to me. This platform is not stam just that a person can type hes problems and get it off hes chest is enough ( besides all the chizuk and ideas that come out of this Heligah site!!!) Kol tov!!

=====

=====

Re: Why is it so hard?

Posted by Shmuel - 01 Feb 2023 15:39

---

[Geshmak! wrote on 01 Feb 2023 14:46:](#)

Let me try to be a little more clear.

basically I have done crazy dangerous silly foolish stuff because of my sex drive. Which means that I'm a addict( I can't go into details but things that could've destroyed my life and the life of my family) but I bh never hooked up with anybody (even though I was close) and at sa a lot or maybe most have been with others and by me being there and hearing how others did it and how they felt before ( I won't even hear the second half how they felt after) I will get very triggered and probably will cv fall into the worst. But in a way if I'm addict I need to know how to control myself and how to live life as an addict. Like if I'm gonna be in a situation when I have

access to bad stuff or worse will I be able to control myself??? So what a ??? would do is go fall 20 times do the worst of the worst and hit the rock bottom and then see for himself that he can't live with out sa 12 step. But I'm bh a yid and I can't do that. So I was really stuck and I couldn't decided what to do so I spoke to people with a lot of experience and I am in touch with them. But yes I wish to join sa and get helped it for now it won't help me it probably will make me worse r'l... but I'm not giving up on a clean life! Yes addicted or not I'm a Jew and my father in haven which made become a addict gave a Torah with rules and this apply even for addicts. And he will give me the kiach j need to fight my addiction ( cause I CANT do it myself) H' which split the ?? ??? will split my problems and let me free of my ??????. Bhy!!

but I have to do mine to be careful and watch that I don't fall again so I was mekabel on myself for the next 40 days to say ????? and in the week days the ??? from before putting on my ????? in side my ????? and think the words and have in mind what I'm saying.

Thank you everyone for just being here to listen to me. This platform is not stam just that a person can type hes problems and get it off hes chest is enough ( besides all the chizuk and ideas that come out of this Heligah site!!!) Kol tov!!

My experience in SA has been VERY different then what you describe.Happy to chat if you'd like.

Wishing you tons of Hatzlacha

=====