

End game journey 90 days

Posted by rocky21 - 04 Sep 2024 16:18

Ok so yesterday I won bh and right after a terrible fail and so usually there is no way you fail after you fail like crazy(at least for me) but my internet filter was taken off that day so I wanted so watch so badly but somehow I won bh and I was so happy today will be the 2nd clean day bh and I'm felling pretty horny rn so hoping I will be able to hold back

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Re: End game journey 90 days

Posted by BenHashemBH - 14 Oct 2024 14:12

[rocky21 wrote on 14 Oct 2024 12:02:](#)

Just a random question?

To answer you first question: No, it's not just a random question. It's a great question.

Do we deep down not want to watch P or deep down we do but we know it's wrong?

I'll offer two responses, and I won't be able to either one justice - so hopefully one of the Talmidei Chachamim here will have an opportunity to elaborate.

1) The short version of the easier (and perhaps in a practical sense, less helpful) answer. Yes, our essence is a pure cheilek Elokai Mima'al. Hashem Emes v'Toraso Emes, and everything else is the klippa of ourselves and this world. That's our deepest, core being. Here comes the 'but'. But, we have a guf and a tachlis.

In between, I'm going to use my least favorite mashal of the cheeseburger (for the sake of this example, assume they are delicious and you'd love to eat one). The neshama says 'no' to a cheeseburger because Hashem said they are not kosher. The body, physically, can enjoy a

cheeseburger very much, health issues notwithstanding. Deep down in my conscious I could really want a cheeseburger and among the reasons I don't eat one is because I'm choosing my neshama over my guf. Hashem created a natural tayva for all food, kosher and not. I enjoy things that taste good, but do I need to taste all things or particular things. If I (forgive the pun . . . or don't) *feed* this tayva, it will grow and desire more and eventually pull you from kosher indulgence to non-kosher because it is a consumer, always wanting more and never satisfied. You can enjoy food, like Hashem wants you too, but in a respectful and thankful way, not gluttony.

2) So, deep down, do I actually want to watch p? No. I don't want p. Spiritually it is poison. Practically it is poison. As someone has said here "it is a bad answer to a good question." We want to feel good. We have natural and healthy tayvos for sex. Hashem created it for us to enjoy - in the proper way. We live in a time that challenges us very much regarding sex. It bleeds into our life and makes a blurry mess out of all the boundaries that should be there. It muddles our feelings and understanding of what it's supposed to be (which is its own, longer drasha). We are exposed to it long before we even have the slightest capacity to appreciate that it is the purest and holiest possible bond of a husband and wife joining in a oneness with Hashem that has the potential to create life - the domain of the Borei Olam alone in all other instances.

Circumstances put a kid in a candy shop and now he craves all the sweets. Sugar is sweet, but too much gives you a stomach ache. A treat isn't special when you are just indulging. You still want it, and then you want another, getting the sugar fix but it's not meaningful. There is no point to it beyond that moment. p is a sugar fix. The treat is a loving relationship culminating physically and spiritually in a real connection of absolutely everything. **Watching p is only about me. Intimacy is about the ultimate we.** But we're hooked on the sugar. We're chasing the temporary high to satisfy the urge to feel good in a cheap way, tainting the real pleasure that was confounded by fulfilling tayva only for tayva's sake. That's the way of this whole world though. Hashem created our physical bodies, our physical tayvos, and our yetzer hara. We are naturally and by design pulled towards these things. We do want them, but we don't really want them - we want something that they give us, mostly because we don't know how to experience those things in their intended form.

I think I rambled a bit - sorry about that. To sum up, it is normal to have a real tayva to watch p, but p isn't real. What you really want is something else which you can't taste right now. The sugar hijacked your tastebuds and now there is no balance of flavors, I just need to taste the sweet, and next time even sweeter. We're sick with sweet.

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Re: End game journey 90 days

Posted by Muttel - 14 Oct 2024 14:13

[rocky21 wrote on 14 Oct 2024 12:02:](#)

Just a random question?

Do we deep down not want to watch P or deep down we do but we know it's wrong?

Piggybacking OYC, pretty soon after staying clean for a bit, we come to realize that porn is disgusting. It's the epitome of abuse of women's bodies (the gangbangs even more so). fake and disgusting and it doesnt even help.....

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Re: End game journey 90 days

Posted by rocky21 - 14 Oct 2024 18:06

Thank you so much for taking the time to write all this I read it a couple of times it's amazing and very true

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Re: End game journey 90 days

Posted by chosemyshem - 14 Oct 2024 20:18

[odyossefchai wrote on 14 Oct 2024 12:39:](#)

HHM asked me a while ago, don't you want to have sex like the chofetz Chaim? And it really made me think that that is what I want. Not the trash on the screen portrayed by a screenwriter and a paid actress.

This is a disturbingly thought provoking question. Huh.

(The Living Marriage has a similar, but less blunt, thought provoking question: Do you think the

Steipler loved his wife?)

Looks like I've got a lot of rewiring to go.

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Re: End game journey 90 days

Posted by youknowwho - 14 Oct 2024 20:52

[chosemyschem wrote on 14 Oct 2024 20:18:](#)

[odyossefchai wrote on 14 Oct 2024 12:39:](#)

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Personally, I have a bit of difficulty with the question, for I am not the Chofetz Chayim nor the Steipler...

But hey, that's just me.

-An even Moldier than usual Voldy

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Re: End game journey 90 days

Posted by 138eagle - 14 Oct 2024 21:16

In my first conversation with HHM he told me the same thing that I will do the same act as the Vilna Goan and the Chofetz Chaim. It may not be on the same level, but the actual act will be the same.

So, you do not need to be the Chofetz Chaim and you may not end up being close to his level. But you will be doing the same act, and that is definitely something we can stive for.

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Re: End game journey 90 days

Posted by odyossefchai - 14 Oct 2024 23:05

[youknowwho wrote on 14 Oct 2024 20:52:](#)

[chosemyschem wrote on 14 Oct 2024 20:18:](#)

[odyossefchai wrote on 14 Oct 2024 12:39:](#)

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Overall I believe it was referring to the sweetness, the kindness, sensitivity, love, devotion, etc.

I think those are all goals we can aspire to and obtain.

Let's do this peoples!!

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Re: End game journey 90 days

Posted by proudyungerman - 15 Oct 2024 02:10

[youknowwho wrote on 14 Oct 2024 20:52:](#)

[chosemyschem wrote on 14 Oct 2024 20:18:](#)

[odyossefchai wrote on 14 Oct 2024 12:39:](#)

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Based on the few responses to your post, it looks like you've been voted out...

Red?Red?Red?Red?

Can we get one used teacup to go?

Thanks!

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Re: End game journey 90 days

Posted by youknowwho - 15 Oct 2024 02:16

We still need to count the early vote mail in ballots

#stopthecount

#stopthesteal

#cinhsigtmuwaiw,aoygth!

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Re: End game journey 90 days

Posted by rocky21 - 15 Oct 2024 11:53

Day 42 clean.

Wanted to say thanks to everyone who answer my question

I'm feeling strong bh and looking forward to entering sukos with this amazing streak, sometimes I wish I can skip forward and be clean for much longer lol

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Re: End game journey 90 days

Posted by odyossefchai - 15 Oct 2024 12:34

[chosemyschem wrote on 14 Oct 2024 20:18:](#)

[odyossefchai wrote on 14 Oct 2024 12:39:](#)

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Looks like I've got a lot of rewiring to go.

It's the type of question that probably doesn't get asked in many other locations besides here!

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Re: End game journey 90 days

Posted by rocky21 - 16 Oct 2024 14:26

I didn't even get to say that today was my 43rd clean day but last night I almost failed and I said no I can use this time to daven and I said bh I should make a ton of money from stocks tomorrow and got off my phone and went to live my amazing life

Today when I went in to a stock I ended up loosing 650\$ and I was like really hashem and I was so pissed and searched but this time clicked but then quickly got off but then went back on and un freaking fortunately I started touching myself and said I might as well watch and the whole time in my head I heard your going to be so mad at your self but I also heard you are going to be mad at your self even if you hold back cause you always give your self a hard time when you hold yourself back from not clicking once your already in incognito.

I failed I freaking failed I want to be mad at myself but I literally just won't be able to take the pain so I'm going to move on as if nothing happened but I do want to make a kabla tho

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Re: End game journey 90 days

Posted by chosemyshem - 16 Oct 2024 16:28

[rocky21 wrote on 16 Oct 2024 14:26:](#)

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I'm sorry to hear about the fall. But I love this attitude of yours.

A good kabbalah might be a filter. Or I'm not a huge fan of knasos but a penalty if you go in icognito might be a good idea too.

Enjoy the 40+ days you had. Enjoy your succos. And beat the garbage out of ~~Adrian~~ the yetzer hara.

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Re: End game journey 90 days
Posted by richtig - 16 Oct 2024 17:02

[rocky21 wrote on 16 Oct 2024 14:26:](#)

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Tough Break man. We've all been there. I think falling, failing (sorry, I hate these words) after yom Kippur or some other self imposed time frame is common.

2 things:

A. Even from the way you wrote it is apparent that you were under a spell, almost like you were coerced, compelled, compulsed, almost like you didnt make a choice with full bechira. What do you think about that?

B.streaks can help, but this is where they can hurt... also, if you look at your progress ytd like in stocks, or month to date for that matter, you will see a huge upward trend. Why is a mishap today more significant than any other day? That is a real, not rhetorical question.

With you

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