

My first good shot in 30 years

Posted by yossis.smart - 20 Jan 2025 16:28

Hi All,

For the first time in 30 years - since I was 7 years old - I have been 79 days really clean. This is probably my best shot to 90 days and beyond, and I intend to keep at it. For several reasons I am having a bit of a struggle on this stretch, so instead of just browsing the GYE forum when I am not feeling down and not up to work/life, I am starting my own thread.

What works for me - Keeping a healthy lifestyle (as much as I can in a very challenging situation), davening, turning over my issues to Hashem, acceptance, vayimaen videos on 24/6, gentech filter that sometimes makes me crazy, infrared light therapy to the eiver, and a lot of gratitude - even for the hard times.

Hashem is also giving me insanity therapy - that's when he makes your life absolutely insane so you have no menuchas hanefesh. No need to kvetch here but it is truly insane. It's probably necessary in order to forget ????? ????? ?????.

No need for any pats on the back - that privilege is gone long ago. But I just need to share to keep my own focus and appreciation for my process. Thank you all for the shared journey!

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Re: My first good shot in 30 years

Posted by yossis.smart - 01 Apr 2025 00:40

I'm back to report a milestone - 150* clean days!!

I can tell there is real progress. Today, I was sent a link to a podcast for some Torah learning for my son, and realized that this podcast platform works on my computer despite my filter. In the past, I would have run through a bunch of news podcasts, and eventually go to some explicit ones to numb out anxiety. Instead, I recognized the inherent dangers involved for me and closed the platform before I went down the ol' problematic pattern. I ~~will be contacting~~ **contacted**

right away (!!) my filter company to blacklist it for me.

Somehow, through a really challenging time and a very interesting process, Hashem has given me enough awareness, resilience, hope, priorities, focus, vayimaen videos, and time out from all elements of satisfaction through stimulation - including over 3 months of no intimacy - to overcome this challenge.

I know that my issues in this area may just be what has been holding me back from a good, successful life, and there are some huge opportunities lurking around the corner, so this victory gives me hope.

Real tough seeing my wife in bed all day, struggling to manage basic survival. Last two months have been extra rough. Though she has been worse off before - to the point I was afraid she wouldn't make it - its hard to see progress and then see what appears to be regression.

(I had a long process to come to the clarity that my spiritual machalah could not have been the sole cause of her physical diseases. But I do still have to hope that each time I overcome my yetzer, I have an opportunity to ask for a yeshuah for her.)

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Re: My first good shot in 30 years
Posted by yosis.smart - 01 Apr 2025 00:59

I have to recognize that an area of huge improvement is that if something crossed my path, whether an attractive form or body part, or alluring picture/info online, or some other opportunity, my status quo was that once I looked, I already sinned so might as well give up and enjoy the sin.

Nowadays, I am finding myself multiple times a day - because there is no way you can be the Mommy and Tatty for all family needs and not see women - that something will cross my sight, and I make the decision to promptly stop and look away.

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GYE - Guard Your Eyes

Generated: 3 April, 2025, 19:52

Re: My first good shot in 30 years

Posted by chancyhk - 01 Apr 2025 16:09

Thats the stuff im talking about!!

The trick is to learn and master that craft, just move on. The desire will tickle you sometimes more and sometimes less.

But its not impossible to move on! Thats the biggest lie the YH sold us for years.

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