

FIGHTING progress!

Posted by Ftndrug - 30 Oct 2017 18:21

Hi,

Ok so i guess ill make this my personal progress thread.. When I cross the finish line i'll throw a huge party :D

[if you are interested, for some peculiar reason, in "what i am all about, the short version"-check out the following [url=https://www.guardyoureyes.com/forum/19-Introduce-Yourself/321628-Im-fighting-the-drug]hyperlink[/url] :D]

Im almost a month clean now, with the help of god and gye 90 days chart and chizuk emails, which for myself i find almost impossible to believe.

At the beginning it was hard beyond belief, especially the first 2 days when i didn't yet have a filter for my phone, and in which god helped me and sent a lot of friends to be around so i had a lot to do and forgot sometimes even for a few hours about porn.

It becomes easier with the time passing but now i find myself in a new trouble. Girls turn me on too much. I just have to see a girl or seat next to one and immediately i feel an urge to look, talk and flirt with her (i didn't have that in the past, even though i had a lot more occasional chats). I start to think about my exGF too much and how "good" it was (even though looking back with clear eyes it wasn't).

Im aware of that its just me moving to the next level of 'Bchira' but still this 'nisayon' is a bit new to me and i have difficulties to deal with it.

Any suggestions?

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Re: FIGHTING progress!

Posted by Ftndrug - 07 Dec 2017 00:10

Ive been doing some reading, heres something i came up with.

For some it may seem that i am very fond of the idea of 'kochi veotzem yadi'. Im not.

I am nothing without god.

I dont even exist.

I fight, true.

I win. True.

But without Him- 'I' is nothing. Not a warrior and not even a lustoholic. Not even a letter.
NOTHING.

and as he gave me the ability to lust, hes also giving me the option to Fight.

And so i do. I have to trust him to lead the way, for no one else will.

i wish i would remember it all the time.

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Re: FIGHTING progress!
Posted by Ftndrug - 21 Dec 2017 16:33

Just an update for the sake of it.

BH im 78 days on the road (though i pretty much stoped counting) it gets pretty easy to stay away from porn and masturbation, though i know its sometimes only an illusion and i must stay on guard, and so i pray each day for G-d to guide me through it and make my dose of hishtadlut. My old frienemy lust is still here but in a milder form of desire. I must admit, i still like to watch and look at girls. But who doesnt? What counts is what you do with it.

For all of you who shares this struggle: keep it up. G-d gave it to us because he loves us. He allowed us to build ourselves so we will be able to rightfully claim our place in Olam Haba (not to mention we're getting Haze in the process).

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Re: FIGHTING progress!
Posted by Ftndrug - 02 Jan 2018 02:49

90 days BH. I should throw a party :D

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Re: FIGHTING progress!
Posted by tzaddik212 - 02 Jan 2018 02:52

WOW CONGRATULATIONS!!!

May the 90 days be a foundation of another clean day, ODAAT.

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Re: FIGHTING progress!
Posted by Markz - 02 Jan 2018 03:37

[Ftndrug wrote on 02 Jan 2018 02:49:](#)

90 days BH. I should throw a party :D

Congrats!!!

Hey - how did you get to 90?

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Re: FIGHTING progress!
Posted by Hashem Help Me - 02 Jan 2018 12:16

Mazel tov! Great accomplishment. Keep it up. Please help others by sharing what worked for you.

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Re: FIGHTING progress!

Posted by Ftndrug - 21 Feb 2018 00:54

I want to recount for a minute here my way to 100 and something days. Hope you'll excuse the length of it.

How did i get to where i am now?

I was desperate. I was watching porn and/or masturbating sometimes 5 times a day. I was losing my life and myself. I felt it hindering me in everything i tried to do. Friends, family, work, learning. I dont think i have to describe to you all the bad effects it had on my life, if you're here you probably know it all.

So, it all started when I prayed as never before (i was truly desperate) for enlightenment, wisdom and help from the Almighty.

I dont think it was a miracle, but surely it was the hand of G-d that gave it to me. Enlightenment, some wisdom, and a few weapons in the form of GYE.

The weapons i got were:

1. understanding. I understood the nature of my problem. Its an illness, an addiction, and as such cannot be treated by myself alone.
2. hope and encouragement. I found out that its not just me, and that people with far worse conditions could be and were healed, and that after 90 days clean the challenge should become a lot easier.
3. Occupational therapy. I started filling my day with activity that kept me occupied and satisfied

without my drug of choice.

4. Substituting drug. The way porn addicts a person is by releasing tremendous amount of endorphines and so keeps him coming for more, just the way some heavy drugs do. So i started lifting weights to get the endorphines my body wanted badly. Sometimes 2 times a day. Generally, whenever i feel a strong urge, thats where i go.

5. Social support. The forum and the chat was a great tool to interact with people that have the same condition and can have the understanding and give support in times of need. Also it was a good way to get off my chest the struggles i was going through.

6. Mind based defense tool. The taphsic method was super effective. When you know you will have to pay 500 bucks if you'll have this tiny pick at bad stuff, it balances the scales.

7. Physical defense tool. I asked my internet provider to activate the free of charge web filter service they give. Even though its easy to override, it still gives me some time to rethink my decision, and blocks annoying random inappropriate material. Only bad thing about it was that i tried sometimes "just out of curiosity" to outsmart it. BH i caught myself on time and thats in the past now.

8. Learning from other's experience. Reading through the threads of success and failure helped me to figure out the best path for myself. instead of tripping and groping in the dark alone i am just using the road marks left by others. Its much easier (APB and special thanks for CORDNOY here, his thread is awsome. though i couldn't finish it).

9. Talking to the experienced. I reached out, or more accurately, he reached out to me and clarified for me a few things. (Since i know he doesnt mind posting his name, all hail Hashem Help Me.)

10. Checking myself for flaws. Every few weeks im checking on my state of mind and general progress, for possible improvements and work needed be done.

11. asking help from the Almighty. Im adding almost every day a personal prayer at the end of 'shmone esre', asking strength and courage to pass the day clean.

The benefits i got because of my work are huge.

1. Time. I have time!!! I did so many things in that time!

2. Friends. I almost abandoned my friends because of my addiction. Now i got them back again.

3. Physical strength. Working out built my body to the level i was a few years ago and more in some areas.

4. Clarity. I am a much better learner those days. I can almost speak one more language.

5. Life. I have my life again. Everything i denied myself from is now coming back.

Now will i be able to continue forever? I pray with all my heart. Is it possible for me to fall? Of course. Do i want that to happen? No. I slip sometimes. Happens. I regret it badly. But i never let myself dwell on it. I just move forward, for if i will dwell on it it will be as foolish as just giving up the struggle and crying which inevitably will lead to more falling and crying. Instead i should analyze what went wrong and plan how to continue.

Am i free from lust? No. I am still tied to it. But with help from above the rope is getting thinner with every fiber getting cut from it. It might never completely disappear, but well, im here to work, aint i?

Huge credit to HHM for reviewing and spell-checking the post :]

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Re: FIGHTING progress!
Posted by yiraishamaim - 07 Mar 2018 01:58

Simply awesome!

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Re: FIGHTING progress!
Posted by ieeyc - 14 Mar 2018 00:17

this is a post of posts!

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Re: FIGHTING progress!
Posted by ieeyc - 15 Mar 2018 01:35

i think the name Hashem Help Me is a name that alot of us newbies can point to as the one that made them very comfortable to post and make use of gye without an ounce of intimidation ,thank you HHM.

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Re: FIGHTING progress!
Posted by Singularity - 15 Mar 2018 10:31

Mazeltov!!

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Re: FIGHTING progress!
Posted by Ftndrug - 08 Apr 2018 03:32

OK. So i knew the filter i have is basic and way less then perfect. Turns out its just a good for nothing piece of garbage.

Does anyone here have a personal experience with a good and not too expensive android filter that will filter at least with 90% success? I dont care if its easy to bypass, i just dont want to be able to access porn directly from the address bar.. It just feels so stupid.

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Re: FIGHTING progress!
Posted by Ihavestrength - 08 Apr 2018 19:57

Perhaps try webchaver.

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Re: FIGHTING progress!
Posted by Ftndrug - 25 Jul 2018 22:25

294 days. I wasnt much on the internet for the past 3 months, and now that i can access it whenever, i have sort of a small relapse, but im sure its gonna pass with some training and the will of G-d.

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Re: FIGHTING progress!
Posted by mzl - 25 Jul 2018 23:09

what sort of training?

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