

Freedom

Posted by Meyer M. - 04 Aug 2020 02:24

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Ok here goes,

Purim 2020: Joined GYE and started working on self for pornography, SSA thoughts and masturbation, didn't really get serious till Pesach

Pesach 2020: Started pushing myself to break free, saw major success and pulled through for 3 weeks when I felt I could only do a few days

May 2020: Started 90 day challenge. SSA stopped being a constant lust a whole day although still apparent (SSA partially attributed to high lust and a small lack of happiness with relationships) stopped feeling tired a whole day, no longer felt weak all the time, physically changed a lot for the better. (Thread from here till

August: <https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/349216-Going-to-do-this> )

June 2020: Learning improved drastically when previously wasn't able to learn even for 5 minutes. Improved to nearly over an hour of steady concentration.

July 2020: All of the above mentioned changes continued and pornography/masturbation remained at zero use (all while I was going through a rough period for three weeks which was amazing considering I was depressed and normally I would act out as a result). Eventually gave in to my depression and fell at 78 days. SSA fell a lot more but the most tempting material in my head still remained.

August 2020: 90 Day challenge restarted more focused on masturbation where previously it was focused on pornography (Kept off both, just more emphasis placed on pornography). Fell once in the month. SSA has gone away. That's two goals (SSA and P) knocked out of the park.

September 2020: Lots of success but lack of words right now, updating a different time.

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Re: Freedom

Posted by Im Tevakshena Kakasef - 17 Sep 2020 20:43

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Oh yeh. Go into Rosh Hashona with a month clean under the belt. Stayed strong through all of Elul. A real soldier of Hashem.

Kesiva v'chasima tova. Thank you for all the chizuk you give Meyer.

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Re: Freedom

Posted by Hashem Help Me - 17 Sep 2020 22:11

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[Meyer M. wrote on 17 Sep 2020 03:29:](#)

Baruch Hashem!

Day 30: Clean!!

Mazel tov! Keep it up! Keep inspiring!

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Re: Freedom  
Posted by Meyer M. - 18 Sep 2020 03:48

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Day 31 Clean,

Thank you GYE and everyone for the help!!

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Re: Freedom  
Posted by Meyer M. - 21 Sep 2020 03:39

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32, 33, 34: Clean.

Good Rosh Hashanah, Day 2 was nearly unbearable as I was having thoughts left and right, came close to falling but thankfully made it through one moment at a time. Again like one of my previous near-falls I saw prizes beforehand (didn't linger on it though), this time in a newspaper that I previously made a promise not to read, I thought I could take the chance that it was clean and was rewarded with a well deserved slap...ok note to self: that paper is off-limits

Edit: Checked my diary, my average is 1 fall for every month, do I really want to screw up my progress? NO! I will stop teasing myself, I will stop making stupid moves and I will play harder.

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Re: Freedom  
Posted by wilnevergiveup - 21 Sep 2020 06:25

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[Meyer M. wrote on 21 Sep 2020 03:39:](#)

...do I really want to screw up my progress? NO! I will stop teasing myself, I will stop making stupid moves and I will play harder.

Powerful stuff!

I find myself all too often telling myself (the first "myself" is really just a well camouflaged Y"H) "don't worry you are strong you will be fine, just take a peek..."

It never ends well, even when I don't fall it still causes me to struggle significantly more. It's just not worth it.

I have to say like you said "NO! I will stop teasing myself, I will stop making stupid moves and I will play harder."

Thanks!

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Re: Freedom  
Posted by Meyer M. - 23 Sep 2020 02:30

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Day 35: Clean. Was lusting throughout the day, had a wet dream, definitely was my fault but moving on, it wasn't in my control.

Day 36: Clean. Much better control.

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Re: Freedom  
Posted by Meyer M. - 27 Sep 2020 07:28

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37: Clean.

38: Clean.

39: Clean.

40: Clean.

Again...I need to stop the first slips. Why this is a back and forth, I don't know, it's really

Edit: Been slipping more, any ideas to stop?

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Re: Freedom

Posted by Im Tevakshena Kakasef - 27 Sep 2020 11:24

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How to stop slipping, wish I knew...

- 1) Take a long walk if the weather is right.
- 2) Realize something. It feels like there is no release to the bubble of taiva, which makes us want to slip. So remember that the taiva doesn't last, it comes in waves. annoying but it's the only way I will let go completely. Onward folks!
- 3) Watch a GYE inspirational vid
- 4) Get advice from someone who actually knows what he's talking about

Anyway, that's my cue to leave. All the best Meyer, you're doing great. Kesiva vechasima tova.

p.s. When was the last time you hit 40 days?! Congrats.

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Re: Freedom

Posted by Yankee - 29 Sep 2020 14:19

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Another idea you could try maybe is only concentrating on the next few minutes. tell yourself that you are most definitely able to resist for ten minutes. After that, you realize it wasn't so hard, do another ten and keep going till it's over. Just a thought, don't know how well it works.

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Re: Freedom

Posted by Meyer M. - 29 Sep 2020 18:30

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Day 41: Clean.

Day 42: Clean.

Fell today, feeling disgusted but a month and a half is quite impressive, comparing with the 2-3 times a day when I started. Made a lot of progress and at least I went through the aseres ymei tshuvah clean, not happy about falling on motza yom kippur but it beats on yom kippur. The act is not justified in any way but I'm happy with my progress. I didn't go to the mikvah this morning which I think added to the pressure.

Going to try the suggestions, although it may be hard to implement in the moment.

September update (first post) coming soon.

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Re: Freedom

Posted by Im Tevakshena Kakasef - 30 Sep 2020 10:42

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Shame about the fall, but don't get stuck in a rut, get right back up on your feet. A month and a half clean at a time would equal roughly 8 times a year - remember how you used to fall that many times in 3 days?! That's progress buddy.

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Re: Freedom

Posted by Ihavestrength - 01 Oct 2020 03:34

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[Meyer M. wrote on 29 Sep 2020 18:30:](#)

Day 41: Clean.

Day 42: Clean.

Fell today, feeling disgusted but a month and a half is quite impressive, comparing with the 2-3 times a day when I started. Made a lot of progress and at least I went through the aseres ymei tshuvah clean, not happy about falling on motza yom kippur but it beats on yom kippur. The act is not justified in any way but I'm happy with my progress. I didn't go to the mikvah this morning which I think added to the pressure.

Going to try the suggestions, although it may be hard to implement in the moment.

September update (first post) coming soon.

Congrats on some great work! Keep rolling forward. You don't lose that streak and you never start from square one. No such thing. KOT!!!

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**GYE - Guard Your Eyes**

Generated: 22 January, 2022, 14:49

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Re: Freedom

Posted by Meyer M. - 05 Oct 2020 04:59

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Day 1, 2, 3, 4: Clean

Day 5 (Shabbos Sukkos): fell

Day 1: Clean

Taking some advice and setting up a partner.

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Re: Freedom

Posted by Meyer M. - 13 Oct 2020 01:49

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Day 2-7: clean

Day 8: fell

Question: why is quitting this so difficult for me? I usually ace everything I put my head to in life so why is this so hard?

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Re: Freedom

Posted by Ihavestrength - 13 Oct 2020 04:29

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Hey Meyer, sorry about the fall, but it's awesome that you went a week clean! I also see that you had longer streaks as well. That's awesome!

As to your question... My two cents is that discipline with regards to sexuality is very difficult. We see that the world has more masturbators and porn watchers then alcoholics and drug addicts. This isn't an accident. It's because this is just a different league of challenge. What you are going through is quite common and normal, and perhaps the worse thing that you can take away from the challenge is this: that you can't succeed or that your self-control isn't great. As you noted yourself, you do succeed at things that demand a lot of self-control, but this area is VERY challenging. Perhaps the most challenging area men face. So keep your head up and if you have the ability to seek help in the form of therapy or something similar, it may be helpful to you. I know it was for me. Hope that made sense and was helpful. KOT!

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