

OivedElokim-I'll never give up

Posted by OivedElokim - 21 Feb 2021 21:37

Day one.

This is my brand new thread for my brand new journey towards purity.

I will keep with me the lessons learned so far and keep my eye on the ball.

Today is the first day of the rest of my life.

A porn and masturbation free life.

A life of positivity and happiness.

A life of Torah and Avodah.

The life G-d intends for me to live.

Wish me luck.

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Re: OivedElokim-I'll never give up

Posted by Vehkam - 17 May 2022 03:07

have you tried quitting just for one day a week? e.g. just shabbos?

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Re: OivedElokim-I'll never give up
Posted by Ish MiGrodno - 17 May 2022 06:17

Rabbeinu O.E. Shlit"a,

Are you able to clearly articulate why quitting masturbation is so much more difficult than porn? As you conceptualize the differences between P&M (e.g., the differing functions that they serve in addressing your anxiety, etc.), as well as some similarities and overlapping areas, perhaps you may find the ability to apply success from one area into the other.

(My apologies if I sound overly analytical, but what I'm trying to get at is that introspection - **especially through journaling** - may help you take it to a whole next level)

On a personal level, I spent decades falling, while remaining pathetically clueless regarding how P&M were a cyclical tag team to dull my anxiety. After HHM taught me that yetzer has been perennially tricking me, my life very quickly changed for the better B"H!

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Re: OivedElokim-I'll never give up
Posted by 5Uu80*cdwB#^ - 17 May 2022 12:20

[Ish MiGrodno wrote on 17 May 2022 06:17:](#)

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The reason that many people are able to stop watching porn but still struggle indefinitely with masturbating is because they don't realize they are **still fantasizing** about what they have seen in the past, often very specific scenes or images, even though they aren't watching it anymore. Without realizing that **fantasizing is at the root of every masturbation**, there is, ??? ?????? ????, no hope. So, quitting porn is step 1. Step 2 is realizing that **fantasizing is the cause of the endless battle to masturbate**, and that must be addressed if you will break free of masturbation. The solution to fantasizing: spend your mental energy on learning, davening, making an honest parnassah, chesed, i.e., MITZVOS! Simply MOVE ON from unwanted thoughts and do NOT attend to them! They will wane with time, b'ezras Hashem. I can attest to this.

Hatzlocha.

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 17 May 2022 17:19

Thank you all for your words of advice and support.

In other news, on my 75th day clean from porn, I watched it again. It was preceded by an accidental slip that I foolishly decided to count as a fall. The result was the "what the heck?" effect that led to my fall today.

But I don't feel like a failure for the following reason: Going from falling multiple times a week (a half a year ago) at least twice a month (3 months ago) to once in three (this time) is a massive accomplishment. I view this not as a defining defeat but as a minor bump in the road towards complete freedom from porn. I think that is a more helpful-and correct-attitude then the typical "I am terrible and I'll never be porn free" approach.

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Re: OivedElokim-I'll never give up
Posted by Vehkam - 17 May 2022 17:54

Please remember that the greatest growth can come from how you respond to a fall. Capitalize on that!!

It goes without saying that you should be celebrating how far you have come....

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Re: OivedElokim-I'll never give up
Posted by YeshivaGuy - 18 May 2022 04:30

[Ish MiGrodno wrote on 17 May 2022 06:17:](#)

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My experience has been that Masterbating is far harder to stop than Porn.

The reason for myself and I suspect for others as well, is because I can separate from the internet but I can't separate myself from my own self.

Additionally, I've found that p'gam habris leaves me feeling fundamentally broken, whereas being nichshal in shmiras eynayim feels like an external force has been brought into me and contaminated me.

So p'gam habris is a p'gam "meenay u'bay."

Conversely, the taiva for masterbating is the taiva for Me to do something, to send from my very guf (sorry for the graphic), it stems from within myself.

Whereas the taiva for pornography is the ratzon to be ????? something that is b'etzem ?????, outside of my Self, and to bring it into my domain.

Maybe this is why it's called Yesod, but

??? ?? ??? ????????

Just some haaros on the topic.

YeahivaGuy

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Re: OivedElokim-I'll never give up
Posted by wilnevergiveup - 18 May 2022 05:36

[YeshivaGuy wrote on 18 May 2022 04:30:](#)

[Ish MiGrodno wrote on 17 May 2022 06:17:](#)

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Hey @YeshivaGuy, this all may be true but this is waaaaaaay too deep even for a deep guy like me.

Masturbating is hard because we can't put a filter on it. Simple.

If we can work on making internal *gedarim* then we can put a filter on our bodies and minds also.

Just my opinion.

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Re: OivedElokim-I'll never give up
Posted by YeshivaGuy - 18 May 2022 21:36

[wilnevergiveup wrote on 18 May 2022 05:36:](#)

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[Ish MiGrodno wrote on 17 May 2022 06:17:](#)

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Thanks for the feedback.

I don't see what's so perplexing about what I said.

I said no kabola etc, just an observation. But it doesn't matter, one should go with what resonates with them.

I would appreciate to understand what you mean by a filter on one's body/mind though.

It seems poshut that you can't "filter out" sexual desire or the feeling of anxiety etc which leads one to masterbate.

You can however, take those emotions and express them in a different way, a healthy way.

This is fundamentally different than internet where you can almost "cut out" the treifus with a filter.

I'd love to hear your critiques, comments, and haaros.

YeshivaGuy

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Re: OivedElokim-I'll never give up
Posted by wilnevergiveup - 19 May 2022 04:16

@YeshivaGuy, I sent you an email.

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Re: OivedElokim-I'll never give up
Preceded by: OivedElokim - 19 May 2022 05:34

[Ish MiGrodno wrote on 17 May 2022 06:17:](#)

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Thank you for your thoughtful post. Pardon me for the delayed response.

I generally tend to agree with the sentiments expressed by YG an WNGU-Mastubration is very tough to quit simply because you can't put a filter on your body, and once you teach yourself to use mastubration as a way to deal with stress, tension, boredom and plain old tayva, it's a very

hard thing to unlearn. I'm sure it's possible-plenty of our friends here can attest to that- but I haven't found success in it yet.

I suspect the key might be having a replacement habit prepared for when the urge arises, but frankly it hasn't worked for me yet. In the moment I just forget/disregard any plans I may have made and go ahead with "it".

Anyways I really appreciate you and all the others for taking an interest in and following my journey. It really means a lot.

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Re: OivedElokim-I'll never give up
Posted by wilnevergiveup - 19 May 2022 06:33

I think the idea that @IMG is suggesting is to track your triggers and see that often, the triggers are the same for both P&M. When you realize that, you can focus on the trigger instead of the symptom. (@IMG, correct me if I am wrong)

I agree, but for some of us, myself included, I've been doing this for a while, know all my triggers, but still cannot effectively deal with them. Therefore, masturbating can become the go to because it's so easy, porn on the other hand takes much more planning at this stage. There are tools for dealing with these negative emotions, check out the F2F program, there is a whole chapter on this and it's really great.

If what the F2F has to offer is not enough, therapy might be something to look into.

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Re: OivedElokim-I'll never give up
Posted by Hashem Help Me - 19 May 2022 11:29

The difference is obvious - We are not connected to the computer, but we are connected to our penises. In addition often we wake up from sleep or from being spaced out with the process

already started...

A comment about this subject - Guys who started masturbating at young ages often never learned how to accept emotions and regulate them. A young boy who is bored, lonely, sad, frustrated, etc, needs to learn that no-one ever died from these things and one has to learn how to accept those feelings and move on with their day. However, if at a young age one was introduced to the mind numbing medicine of masturbation - and especially if pornography is part of the picture - causing deep focused fantasizing - the kid never learned how to deal with feelings. For the rest of his life he uses masturbation coupled with fantasizing (or actual watching) as his pacifier. To break that habit is really rough, because as soon as he feels an uncomfortable emotion, he subconsciously starts causing an erection and his hands move down there to find relief. The eitzah is to practice feeling an emotion, processing it by simply sharing with a friend - "today i am in a bad mood because this and this happened", "i got yelled at and feel rejected", or similar conversations which allow one to recognize that something is bothering him - and learn how to face it. Secondly, learning to use healthy pacifiers like exercise, which take time and effort, is a real game changer as well.

Hatzlocha to all!

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Re: OivedElokim-I'll never give up
Posted by Hakolhevel - 20 May 2022 03:52

Maybe im the odd one out here, but if I don't watch porn, I don't masturbate.

On another note. From what ive seen, those who are successful in cutting out porn do so with the help of filters, though mostly its internal work, because if you really want it, you will find it.

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Re: OivedElokim-I'll never give up
Posted by Shtarkandemotional - 20 May 2022 15:38

I haven't read all the posts here but I'm assuming I understand overall what this topic is about... there's a great chusheve GYE member here that has in his link a quote repeated 3X something

about stopping to fantasize... and I think it's a very key point for masturbation as well. And once we realize that we understand that to break free from all lustful behavior is really through that- Controlling the thoughts. All other factors with filters and everything if they don't change ur thought patterns they don't work long term. Yes, by getting a filter sometimes it can change our thought patterns for example like knowing it's not accessible etc. but the truth is it all boils down to our thoughts. So I think it would be a good idea for the goal to be to focus on how can I work on my mind..

1- to not have a drive to mast.

2- to remember the clarity in why I don't want to masturbate

3- to not dwell on lustful thoughts. all these are one of a few major shifts in the mind when implemented which will most likely help a lot.

I just wanna share what has helped me a lot and hope it will help everyone else.

I took a paper and over the Course of a few days I added all the possible contributing mental factors to why my battle is difficult..

then I created affirmations based on all those factors... which has helped me tremendously. That's why we created the self talk program. however it works best when one creates affirmations based on their own situation.

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