Why is it so hard?
Posted by Geshmak! - 21 Oct 2022 04:30

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I’m almost by 90 but it soooo hard!! Like I’m going crazy! Shouldn’t it get easier and easier?!?!

Are these urges ever gonna go away … like I feel I can’t anymore….

please can someone that has been all the way in and got out tell me that it will get easier and I’ll bhy be able to live a calm life with out just thinking lustful thought a whole day..,like all I see is…women’s behind bouncing up and down like can’t I grow up and not live so low. I want to live higher happier etc. so started 90 days and thought that when I get there I’ll be a changed man but I’m pretty close(86 bh) and it just so hard still. I’m starting to get disappointed and feel like given up so I would love to hear from real people that went through this that it will get easier and life gets better,and that I just need to give it some more time.

It will be greatly appreciated!!

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Re: Why is it so hard?
Posted by Zedj - 21 Oct 2022 05:37

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Geshmak! wrote on 21 Oct 2022 04:30**:**

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It will be greatly appreciated!!

I've BH made it past 90 days a couple times and I can tell you it got way easier to move on from triggers and desires. You should know however that you may always have some desire or trigger even after 90 days, it just gets easier to manage and live with it at some point.

it seems like your going through some withdrawal. From what I understand it is completely normal and you shouldn't be afraid of it.

it might be a good idea to connect with someone in real life that can relate to your struggle and give you some direction.

Calling a fellow gye member was a major step in getting clean and changing my whole perspective on this struggle.

Wishing you much hatzlocha On your journey.

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Re: Why is it so hard?
Posted by trythehardest - 21 Oct 2022 10:02

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I have been in, and reaching now 279 days some might call it out (obviously as long as we live we are not completely out) too, and here is what I can say.

I realized that a large part in the streak I have it extremely easy like almost no urges and recently I got back some hard urges but it's never like before the streak!

To summarise, if you want just one day, 0 urges I would say this is unrealistic but wayyyyy easier and manageable that I can say with confident.

Much success and never give up the yh tries with all ideas he can to break you don't allow him!

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Re: Why is it so hard?
Posted by Bear444 - 21 Oct 2022 14:41

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it’s crazy hard. i started over 3 years ago almost immediately got to 131 days and then failed. for 3 years i was failing and failing. maximum i think was 70 days but mostly 2 weeks sometimes 40 days. almost every time my wife was niddah i failed. now second time since then i got to 90 days. amazing feeling. today it’s 126 days. i just been shopping everywhere just immodest women girls. it’s crazy how they walk on the streets.guarded my eyes. went into different isle went around turn my head away closed my eyes. you gonna get there. if i can advice you…. never never never give up!! daily Hitbodedut it’s a must.60 minutes a day. if you don’t know the concept google it. find out. it’s amazing. study lots of Mussar watch Rabbi Mizrachis lectures. Rabbi Zitron as well. study Zera Shimshon. hold on brother. i think i might be the most dirty person on the planet. if i can fight you can. good luck.

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Re: Why is it so hard?
Posted by Geshmak! - 21 Oct 2022 17:22

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Wow!! Thx so much all 3 of you for such beautiful Chizuk!! Love it! Hope I get through this with H’ help!!! But you guys Make it so much easier knowing that people got through this…

btw I would like to tell you how much H’ really helped me and watch over me not fall… I was really really close and BH nothing was working… I first tried to remove my filter but was not working tried to get a few people to send me dirty stuff etc. nobody was willing even though some of them used to.,. I tried fiver and upwork and no one wanted the job even for top dollar than tried to order smartphone online and then my Wi-Fi stop working it was like god telling me I love you to much to let you fall now- you worked s hard till here my son not letting u fall now. All this was from 2 to 5 am and when my wife walked in to the room at 5 and asked what I was doing I told her and I thought she’ll kill…. But she just smiled and said H’ and I love you… and went out of the room back to her bed… she told me the next morning she really davened hard for me and bh H’ is listening to our Teflos!!

thank you again for your chizuk!

hope to post here on Monday that I got to day 90!!!

good shabbos!!

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Re: Why is it so hard?
Posted by Kavey - 21 Oct 2022 18:20

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How are you going to celebrate?

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Re: Why is it so hard?
Posted by Geshmak! - 21 Oct 2022 18:54

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Re: Why is it so hard?
Posted by Geshmak! - 21 Oct 2022 19:01

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Kavey wrote on 21 Oct 2022 18:20**:**

How are you going to celebrate?

Want to come over?!?
all kidding aside I really should celebrate its a huge milestone in my life not to be mzl for so long… I should show H' how happy I am doing what's right and that I have hakurs hotov to him for he's help!!! Maybe I'll go on a trip to e.y. With my wife just gotta figure out what to do with the kids…

but thx for asking!! It shows you care and are happy for me… so nice!

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Re: Why is it so hard?
Posted by Geshmak! - 21 Oct 2022 19:03

Btw I got give a big shout out to a few members on this amazing site that I gave me real name through pm and they davened for me(you know who u are) you should all be gebantched!!!

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Re: Why is it so hard?
Posted by Shtarkandemotional - 23 Oct 2022 14:38

Just wanted to add: sometimes what can happen is because we know it's been so long since we last fell the brain creates the urges and starts fantasizing more. It may be very helpful to change those thought patterns by realizing today is the only day that matters and whether I masturbated 5 times yesterday or whether I didn't in 15 years it doesn't really make much of a difference for today. The reason for this is because the last time I masturbated doesn't affect my strength that I have to control myself now. We somehow think we can connect the two which therefore creates a lot more intensity and we finally crash.

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Re: Why is it so hard?
Posted by imfree - 23 Oct 2022 15:30

Hello first i want to tell you its amazing you are almost at 90 days and IYH you will get through this. I was told the reason why it is so hard is like this its bought down i am not sure where at the moment there is no teshuva from these aveiros. I was told what that means is that Hashem will not provide you with assistance to do Teshuva youy havta do the hard work by yourself and then Hashem accepts the teshuva. So keep strong it will get alot easier. I know from experience.

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Re: Why is it so hard?
Posted by imfree - 23 Oct 2022 15:34

Stay strong it will get easier. My first 90 days were really hard also once you become tahor your mind will also become much more pure. Fill your mind up with the torah it will help tremendously

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Re: Why is it so hard?
Posted by Geshmak! - 23 Oct 2022 18:48

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imfree wrote on 23 Oct 2022 15:34**:**

Stay strong it will get easier. My first 90 days were really hard also once you become tahor your mind will also become much more pure. Fill your mind up with the torah it will help tremendously

Can't wait!! It's true that I have I harder time Bain hazmanem cause I Learn much less than I do during the zman… but I still have this issue during the zman when I learn a ton. I just have I dirty way of thinking… hope it improves!! Cause I really can't anymore I just can't walk the streets with out looking and imagining all sorts off stuff I don't see caring mothers happy girls or cute kids just naked bad people looking for someone to f***

or maybe I just have to live with this my whole life and just keep fighting this y.h. Off!!

like I don't bh have any other problems in my life besides this crazy issue so maybe H' just wants me fighting and everything else will be just fine(cause everyone has something that's gonna be tough in his life)

and the truth is I want this to be my problem better than other(like bad wife no kids bad kids sick kids etc. r'l) so maybe I should just be happy with my issue and be careful the rest off my life… yup no more strolling the streets in a relaxed fashion.

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Re: Why is it so hard?
Posted by Pb98 - 23 Oct 2022 19:26

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I've heard recently that the thing a person finds most challenging in his life are generally the reason they came back on to this world

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Re: Why is it so hard?
Posted by Vehkam - 23 Oct 2022 20:09

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Geshmak! wrote on 23 Oct 2022 18:48**:**

imfree wrote on 23 Oct 2022 15:34**:**

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and the truth is I want this to be my problem better than other(like bad wife no kids bad kids sick kids etc. r'l) so maybe I should just be happy with my issue and be careful the rest off my life… yup no more strolling the streets in a relaxed fashion.

When I walk in the street I always have headphones on with either music or an interesting class. I fantasized just as much as anyone else and now when I walk in the street I generally don't notice a lot. When I do see Something I quickly avert my eyes. I quickly move on. I don't fantasize at all. I walk with a purpose and pay attention to what is coming through my ears.

I hope this is helpful for you as it really works for me.

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