

## Daily Temptation - Raz's 90-day journey

Posted by raz - 18 Oct 2011 19:46

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Hello everyone. I introduced myself in this thread:

[www.guardyoureyes.org/forum/index.php?topic=4600.0](http://www.guardyoureyes.org/forum/index.php?topic=4600.0) and have been working on the 90-day challenge, a bit haphazardly but nevertheless I've been successful as of this post. 4 days, I'm on the chart! I guess that's worth a little celebration, because four days may sound easy to some, even to myself at another time, but now is a real milestone. I know it's probably not going to get any easier, or will get harder before it's gets easier. So I started this thread to come back to and post, even if only for my own sake.

The daily temptation is enormous. I installed K9 on my computer, but I have so far been afraid to give away the password. I know that's foolish because I could at any time disable it, but being completely honest, so far even seeing the K9 page come up on a blocked site gives me a bit of strength, and thus far I have not unblocked anything. If that becomes a major temptation, I will have someone else set the password. At one point, when my mind was just on fire with temptation, I typed in a website I knew would be blocked, just to let K9 load. I just felt like I needed to type it. It's a site I've typed in so many times before out of desperation. I don't ever want that site to load again, as much as I might feel I need it to.

My issue, as evident here, is p\*, but also m\* and basically just everything that happens in the brain to allow those two things to happen. My mind is so unclean it's preposterous, and typing that just now gave me a little relief. I had a little chuckle, and it's the first time I've ever been able to laugh about it, to shake my head at myself and say "What a mess you made of yourself!" - until now, I have only been able to either act out or resent myself bitterly. Look at that, instant therapy!

To give a bit of a summary of my first few days clean.

Day one was fairly easy, because I felt empowered by the decision I had made to stop. Plus, going one day without acting out isn't that hard. I have, in the past, gone several weeks or even months at one point. The reason I said earlier that 4 days was a big deal to me is because this time, I'm trying. The other times, I just lost interest or was too busy to act out. Trying makes it harder, but of course, a struggle isn't a struggle if you're not struggling! Day 2 was okay, I still felt like I was making the right choice and that gave me some defense against the yetzer hara. Day 3 I started feeling tense. I started getting moody with everyone and had to excuse myself from conversations to cool down. I knew why it was happening. By the end of the day I sat in front of my computer desperate, like I was having a fever, like my blood was on fire. I felt like I wanted to cry or scream. I almost went to find something inappropriate and I forced myself to

stop successfully each time. I instead talked to a good friend about other things to get my mind off of it well into the night and finally fell asleep.

Day 4, today, being a milestone on the 90-day calendar, feels good but the temptation is still there. I can feel it, like a gnawing or a dull burning. At times it seems I'll break out into a cold sweat. I've had this situation before and thought "if only I could just take a pill that would rid me of this feeling" but I know that isn't a solution. Even if there was such a pill, I don't want to rely on medicine. I want to fight this madness to its hiding place in me and block it off with my mind. I want to become stronger than it. I want to do great things with my life, not waste away like a helpless slave. I'm only 27 but this could go with me to the grave if I let it. In fact as I've gotten older it's only gotten more out of control, my thoughts more impure and twisted.

That said, I am about to go exercise after I post this, to burn off some energy and focus on something else, because even though I can sit here all day long and admit to my problems, they are eating away at my willpower trying to break me down. I will keep posting periodically as I said, even if it doesn't help others, just so I can have this to come back and reflect on. But ultimately I hope it will spark conversation because I'm here for help. If it gets bad enough I will call the hotline if need be. I'm 100% in this fight, at least right now.

Also, as a side note, I want to start davening again. I have a siddur, tefillin and a tallit (the one I was married under!) and I just don't use any of it. I want to change that. Does anyone have any advice on how to get back into doing it? When you haven't done it in years, or ever, it feels strange and is hard to stick with.

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Re: Daily Temptation - Raz's 90-day journey  
Posted by Gevura Shebyesod - 31 Oct 2011 19:21

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Start by just talking to Him. In your own words. Just tell Him what's on your mind (He already knows, but He wants you to tell Him anyway). He's always there, and He can do ANYTHING!

Gevura!

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