

Elul Initiative

Posted by waydown - 16 Aug 2015 17:36

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Ok so here is the deal. I have joined GYE about 6 weeks ago. My past month has not been so great. (Its almost like since I joined GYE the yetzer hara is working stronger He is way too smart.) I was a little better for a small while but it died out quickly. And in fact I have fantasized about committing stronger and worse averious.

This past shabbos I kind of got a nice awakening call unfortunately. I have a divorced family member who was formely married. She got divorced because although she went along with lots of their sins she had her limits and refused to go all the way. He wanted to do everything so he decided he needs his "freedom" and wanted a divorce. The stories she said over were a total shock how far and unsettling people can go. And of course my wife was like in total awe that yiddisha neshomos can stoop so low. I, on the other hand, am thnikng to myself hey am I so differnet. True I never did any of the chayuv messiahs beis din (zenus) stuff straight out. But I dream about it all day. And lately I have dreamed more and more about frum women too.If I had the opportunity would I be so differnet. And my wife was even suprised about sexting, phone stuff etc.. (I have done some of that.) Do I want to live that unsettling life where I have "freedom" but no family? Where I can chase after my desires when I want? Its scary but no of course I don't. If not for jewish reasons I love my wife and kids too much. Yet I fantasize about it. I should point out, that I don't look down at these fellows. You know why, because they are just practicing what I dream about. They have an addiction just like I do. Bottom line I feel like I must take action because I am scared of what running after my tavious can bring and wreck havoc to my life.

Issue #2, while life is somewhat manageable on the outside, it would be alot better without my addiction. I have a high stressful job and often take coffee breaks to alleviate the stress. Thats all very nice. But lately I have been answering myself by saying lets do a little flirtnng during those breaks. The problem is those breaks are becoming more frequent and too long as the addiction rises. There is no shortage of kosher breaks. I don't need to resort to this filth. Again taking control would enable me to succeed better at work.

Bottom line, I'd like to work on myself this elul. I know (some of which I learned form GYE) that unless I tackle the root of the problem which is my addiction, my J/O and M'Z problems I won't succeed. Right now, its a real addiction doing it on avreage twice a day. I would like to go a whole elul with no more masterbating and of course no porn or flirting. Now I do realize that one who is sick has flare ups. I don't expect this to be an easy ride. I expect to slip a few times this elul. But the key should be 1) Thats its a slip 2) its only a few times. Some of you may say oh no if you slip a few times you haven't kicked your addiction and you won't succeed. To that I answer, you are right of course I need the 90 day free thing. But 1) if I even do one less averio or even hold back for one hour in terms of judiasm I accomplished alot in hashems eyes. My

elul would be better already. 2) In terms of the addiction, I need to tell myself that I can. Right now all I know is that shabbos and yom tov I can hold myself back (Yes for some reason, I have fought a battle a while back not to do it shabbos & yom tov and I have a 95% success rate. pretty good for an addict). I want to be able to look at myself and say Hey if you can do this for a week or even two weeks then I can do it for a month etc.. Even if I don't kick the addiction this ellul I will kick it eventually. But only if I see it off to a nice start.3) Maybe I will get some syita dshima and will be able to withhold for the whole ellul. Who knows.

Ok so now to my main point and sorry for the lengthy discussion. My hardest time is at night while in bed. I tend to fall asleep via M"Z. And if I wake up in middle of the night it's the same. Last night I tried telling myself ellul no M"Z. In order not to fall I decided to read something kosher before sleeping (rather than fooling around on the internet). It was little hard in bed and I eventually feel asleep. But I woke up a few minutes later twisting and turning and eventually sinned.(No I am not sad about it. Because I think Hashem was very happy with the fact that I pushed it off and didn't do like always just sinning right away. I also know that an addiction won't be kicked in one day) I need help and strategies how to kick my night time habits.

One last note I know I wrote a lot of details, I am not really looking to open a debate on any of my above pointers. Right now I am looking for bed time strategies and maybe some other chizuk pointers.

Thanks guys.

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Re: Elul Initiative  
Posted by eslaasos - 17 Aug 2015 18:01

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**waydown**

It's a nice idea but due to the kids my wife goes to sleep when I go out to learn at about 9:00. I **can't** go to sleep when she does or I won't learn anything. I first come home from work at 8.

Sorry I had to add the bold underline, to show how insidious the YH is in creating the mindset that neshama in charge was referring to with his suggestion.

If the suggestion of going to sleep with your wife is likely to be helpful, it would be an interesting point to ponder if HKBH prefers that over your learning, but it doesn't have to be either/or. For me, if I go to sleep earlier, I can wake up earlier, so my learning would just get rescheduled. Sometimes I learn better in the morning bc my mind is fresher.

Hope I wasn't too strong, sounded like you were looking to make changes.

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Re: Elul Initiative

Posted by waydown - 17 Aug 2015 18:16

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Yes point well taken. I would say that it won't work so well with me since I watch the kids in the morning. But I have been thinking about your idea and it certainly doesn't have to be an all or nothing approach. On nites when my wife does go to sleep a bit later than 9, I can try to shorten my nite seder a bit and steal a little time in the morning for those situations.

I should add that it won't necessarily help me avoid Z"L. But I do agree that 1) I won't be on the internet. 2) Even if she is assur I can have a shmuzing partner while in bed. This will help me fall asleep and get my mind off the addiction.

In a nutshell, I am in no way ruling out your idea at least for some of the time.

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Re: Elul Initiative

Posted by eslaasos - 17 Aug 2015 18:27

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Do you have filters or is that irrelevant to you?

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Re: Elul Initiative

Posted by lomed - 17 Aug 2015 18:39

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Waydon I love this thread and the Discussion.

Keep it up.

Indeed we do not rule out any thing we can do that may help us.

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Re: Elul Initiative

Posted by waydown - 17 Aug 2015 19:05

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eslassos,

I have whatever my work provides. Its my work computer. It is a pretty good filter. the problem is it ain't fool proof. Adding stronger filters is irrealvant as its out of my control. I have no admin rights to download k-9. In a large company like mine you can't change it

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Re: Elul Initiative

Posted by eslaasos - 17 Aug 2015 19:26

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I PM'ed you

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Re: Elul Initiative

Posted by unanumun - 18 Aug 2015 14:45

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[waydown wrote:](#)

Yes point well taken. I would say that it won't work so well with me since I watch the kids in the morning. But I have been thinking about your idea and it certainly doesn't have to be an all or nothing approach. On nites when my wife does go to sleep a bit later than 9, I can try to shorten my nite seder a bit and steal a little time in the morning for those situations.

Life is full of problems and all problems have solutions.

Some people spend their whole lives looking for the problems with the solutions.

And some people spend their lives looking for the solutions to the problems.

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