

Re: Caim's story - I feel great on gye
Posted by Caim - 30 Nov 2015 12:39

Hi, I am new to this site, and I just started out on my 90 day journey. It's been a four days already that I'm clean already B"H. However, I'm starting to feel like it's getting hard for me like I miss the excitement and the feeling. Can anyone give me ideas what to do about it. I would greatly appreciate it.

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Re: Caim's story - I feel great on gye
Posted by BenTorah.BaalHabayis - 20 Jan 2016 01:42

[Caim wrote:](#)

Today I am on my 2 day on the new clean streak, and am B"H doing fine. I have had a few lust attacks in the streets today when I was passing by other women in the street. However I did not dwell on the thoughts they just passed.

Glad to hear! It's very normal to lust when you see a pretty woman on the street. The main test is the 2nd look. Remember the 3 second rule!

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Re: Caim's story - I feel great on gye
Posted by Caim - 20 Jan 2016 19:12

B"H I am already on my third day clean. I realized that when I am anxious I am very prone to fall. I realized that the fall can be used as a drug to distract me from my pressures. However, I am not yet a hundred percent sure that this my trigger, I am looking in to it. I am also trying to see if I can replace the fall with something else such as exercise. I will contue to daven to Hashem to help me out further.

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Re: Caim's story - I feel great on gye
Posted by Shteeble - 20 Jan 2016 20:39

Glad to hear you're doing well.

'twas good chatting with you the other day.

hatzlocha

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Re: Caim's story - I feel great on gye

Posted by Caim - 22 Jan 2016 03:08

As an update I am now on my 4 day clean in my current streak, I am also Davening to Hashem to help me out further. Even though I am struggling to keep a clean streak for more than seven days now, I might be a little better than in the beginning. Since before working on myself through GYE I was falling every day or two, or even two times a day with masturbation, and watching porn. This is the fourth day in my current streak regarding masturbation, however regarding watching videos it is already four weeks of not watching any porn videos. The last few days I realized that I could be fantasizing about the videos I watched, and fantasizing about other people as well. I hope I will be able to stay clean longer.

I am also trying to use the term of surrendering my lust to Hashem, and saying that I am powerless over lust, even though I am using the terminology I feel that I do not really know how to utilize these terms correctly.

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Re: Caim's story - I feel great on gye

Posted by BenTorah.BaalHabayis - 22 Jan 2016 04:04

That's amazing! Just because you fell in the masturbation area does not mitigate your accomplishment in Hashem's eyes with regards to the porn. I don't remember the exact term, but R' Yisroel Salanter has a famous yesod that a person can do teshuva for one bechina within an aveira and it doesn't get cancelled out by falling in a different bechina. L'moshol, if one managed to stop doing a certain aveira on shabbos that's considered full teshuva on that bechina even if they still fall during the week. So my point is, never feel that your efforts are for naught just because you can't be perfect!

I wish you continued Hatzlacha!

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Re: Caim's story - I feel great on gye
Posted by Shteeble - 22 Jan 2016 05:38

[Caim wrote:](#)

... I am also trying to use the term of surrendering my lust to Hashem, and saying that I am powerless over lust, even though I am using the terminology I feel that I do not really know how to utilize these terms correctly.

That's a nice post. I'm happy for your progress.

This terminology is part and parcel of "the 12 step recovery programs" such as Alcoholics Anonymous, and Sexaholics Anonymous. Alcoholics Anonymous is the father of all 12 step programs. It's guidebook is called "The Big Book." The Big Book is also used as a mainstay text in 12 step recovery programs for other addictions.

"The White Book" is used as a second mainstay for those in Sexaholics Anonymous. It is used right alongside The Big Book, as though the two were Business Partners invested in your recovery.

You may wish to order a copy of the Big Book on Amazon, or you can find a link to the free electronic version online. This will help you understand the terminology that you mention, although nothing teaches it like going to meetings every day.

Wishing you much hatzlocha.

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Re: Caim's story - I feel great on gye
Posted by Caim - 26 Jan 2016 02:25

It has been a few days since last time I posted an update. I have had a few hard days, I fell a few times. I am trying to get myself back together again and work towards recovery. I daven to Hashem to help me out from my hardships and struggles. Many times in my Tefilos I beg Hashem to lead me to a healthier lifestyle.

Congradulation Yid1 for your new name, and may the new name bring much Hatzlachah in everything you need. Moreover may Hashem help you out of your struggles and grant you an easier time with your hardships. I also very much appreciate your advice for me on how to get to know the correct terminology of surrendering my lust over to Hashem.

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Re: Caim's story - I feel great on gye
Posted by BenTorah.BaalHabayis - 31 Jan 2016 04:54

Caim, haven't heard from you in a few days. How's it going?

(And btw, what does your user name mean?)

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Re: Caim's story - I feel great on gye
Posted by cordnoy - 31 Jan 2016 13:35

[BenTorah.BaalHabayis wrote on 31 Jan 2016 04:54:](#)

Caim, haven't heard from you in a few days. How's it going?

(And btw, what does your user name mean?)

Good thin' he doesn't ask me.....

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Re: Caim's story - I feel great on gye
Posted by Caim - 02 Feb 2016 04:42

[BenTorah.BaalHabayis wrote on 31 Jan 2016 04:54:](#)

Caim, haven't heard from you in a few days. How's it going?

(And btw, what does your user name mean?)

Thank you for asking about me. I was having some hard days and was not really posting much.
However I will ly"H pick up on it again.

By the way my user name is just short for my name Chaim.

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Re: Caim's story - I feel great on gye
Posted by Workingguy - 02 Feb 2016 05:30

[Caim wrote on 02 Feb 2016 04:42:](#)

[BenTorah.BaalHabayis wrote on 31 Jan 2016 04:54:](#)

Caim, haven't heard from you in a few days. How's it going?

(And btw, what does your user name mean?)

Thank you for asking about me....

By the way my user name is just short for my name Chaim.

Cordnoy, does that mean your's is short for Chordnoy? Or Cordnoyovitch?

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Re: Caim's story - I feel great on gye
Posted by cordnoy - 02 Feb 2016 12:46

[Workingguy wrote on 02 Feb 2016 05:30:](#)

[Caim wrote on 02 Feb 2016 04:42:](#)

[BenTorah.BaalHabayis wrote on 31 Jan 2016 04:54:](#)

Caim, haven't heard from you in a few days. How's it going?

(And btw, what does your user name mean?)

Thank you for asking about me....

By the way my user name is just short for my name Chaim.

Cordnoy, does that mean your's is short for Chordnoy? Or Cordnoyovitch?

Nope.

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Re: Caim's story - I feel great on gye
Posted by BenTorah.BaalHabayis - 03 Feb 2016 02:54

[Caim wrote on 02 Feb 2016 04:42:](#)

[BenTorah.BaalHabayis wrote on 31 Jan 2016 04:54:](#)

Caim, haven't heard from you in a few days. How's it going?

(And btw, what does your user name mean?)

Thank you for asking about me. I was having some hard days and was not really posting much. However I will ly"H pick up on it again.

By the way my user name is just short for my name Chaim.

Sorry to hear about you're hard days. We're all here for you and look forward to hearing from you!

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Re: Caim's story - I feel great on gye
Posted by Caim - 08 Feb 2016 00:53

Hi, everyone just posting an update for the last couple of days. I am working on myself and taking small steps. I was also considering taking upon myself to make sure that I learn some Torah throughout the day, and stick to a daily schedule. I hope the Torah will be able to help me balance my day with some spirituality, and feel conected with Hashem in some way.

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