

My new life.

Posted by shmulyz18 - 01 Apr 2016 12:58

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I am going to honest.

Last night I was tempted by a secular music video.

A singer and his 23 models.

The models were a trigger, Their tops were too loose.

They made me realize that secular music can be a trigger.

The song I really like. Just as long as I minimize the video screen, I should be fine.

I am going to avert my eyes when I am triggered.

There are some people that really got my truck in motion. Thank you to my fellow strugglers, posters, and most important of all, my friends.

Thank you:

1. MarkZ
2. Shlomo24
3. The.Guard
4. Watson
5. Workingguy
6. Peloni Almoni
7. Skeptical

and last but not least

8. Cordnoy.

Again Thank You for helping brew H O N E S Tea.

Happy April fools everyone and no this not a joke.

See [Here](#).

Shmuly

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Re: My new life.

Posted by abd297 - 01 Apr 2016 15:41

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Thanks for the truthful post. I think secular music and its accompaniments is a real struggle for many people. I think it's the mild nature of it, on the outside. All it is is a song that I don't see or do anything because of it. Right? I personally feel myself saying this a lot. All I can say is that I have to be smarter and more honest with myself about I listen to. It may mean cutting way back on secular music but that's where things are at right now.

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Re: My new life.

Posted by shmulyz18 - 03 Apr 2016 23:09

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Hello today I went to a dairy Queen for a blizzard. And they started playing iron maiden which is a very bad heavy metal band. They do not sing about HaShem. Instead the song was about demons and I was getting triggered to act out, because I got depressed. I know that Markz is a Aspie, and so am I. Which makes me take the lyrics to heart. I got depressed. I am still wondering how this World could get so full of idol worship. I am actually saddened, because it's a very negative world....On the plus side, I got rid of that other song...

Sorry about the rant.... Shmuly

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Re: My new life.

Posted by the.guard - 04 Apr 2016 11:23

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Try to get a hold of Jewish music. There is so much out there today, tens of thousands of CDs and websites where you can download infinite amounts of music... Why go for the goyish junk when there's so much good Jewish music?

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Re: My new life.

Posted by shmulyz18 - 04 Apr 2016 17:19

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Hi Guard, I agree with you. I think that the goyish music is not that good. Some of it is ok. There is a website called [www.jewishrockradio.com](http://www.jewishrockradio.com). I like this site.

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Re: My new life.

Posted by Dov - 04 Apr 2016 20:05

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I think your bigger issue that 'how messed up the world is out there' is that this stuff bothers you at all.

Being upset about the stuff people are playing on the radio is not 'sensitivity' or 'caring'. Rather, it's obsessing about things that are none of your business. Just ignore them, man.

There was a gadol (and I mean a real gadol) in bnei Brak who discussed whether they should have the city remove telephone poles because they look like cricifixes (crosses)...R' Zeidle Epstein (an ish emess and gadol baTorah, too) responded when he heard it: "And if a person sees crosses everywhere, something's not right with him perhaps."

Do you get the message?

Stop making things about you, leave other people and other things alone. mostly. If you make them your business, then you will just be making an excuse to watch all the un-tzniyus drressed women out there, next...and have the license to be angry about all the jerks out there, and, and, and.

This is not about right vs wrong. It's about being normal and yourself because you are confident about who you are, vs needing to look all around you to distinguish yourself from others in order to be sure about who you are.

If you do not know who you are yet, ShmulyZ, that's not a sin at all! It's just called **adolescence**. Everybody goes through it, some till their 20, some till they're 40 and most in-between. So just keep growing up and get used to letting things be as they are while you figure out who you really are. Doing so, will make your adolescence a lot more successful. For there are many of us who never get out of it and keep defining themselves according to the latest enemy out there. The Satmar Rov called them 'cats' vs 'homeowners' - both want to kill mice, but the difference is that the cat cannot tolerate a world with no mice at all (he actually wants **more** mice).

Workable chaver?

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Re: My new life.

Posted by shmulyz18 - 04 Apr 2016 20:14

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Hello Dov, I must admit I DO NOT need to listen to bad influences. I should probably stick with Jewish music tho.

I also think maybe I can dwell on Graduation in 43 days instead of the music.

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Re: My new life.

Posted by shmulyz18 - 06 Apr 2016 23:02

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If I can't do this. Maybe posting more will help.

I am saddened to announce I fell again. :cry:But Guard helped me through it.

I ~~think~~ know I can beat my yetzer hara. Which reminds me of something GYE posted in a email.

I will try SA.

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Re: My new life.  
Posted by Dov - 07 Apr 2016 03:20

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Then you are not trying 12 Steps, by definition.

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Re: My new life.  
Posted by shmulyz18 - 07 Apr 2016 18:11

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To be honest. I really do not more people knowing about my problem then what is needed. I

tried getting the website on a different computer but it would not go through. I really do not like talking in front of other people like that.

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Re: My new life.

Posted by Dov - 08 Apr 2016 02:38

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[shmulyz18 wrote on 07 Apr 2016 18:11:](#)

To be honest. I really do not more people knowing about my problem then what is needed. I

tried getting the website on a different computer but it would not go through. I really do not like talking in front of other people like that.

'More people'? Who asked you to reveal anything at all to anybody?

You are the one who wrote "I will try SA"...though you did not explain what you mean by "SA". Do you mean you will read the SA books? Or that you will attend SA meetings? or that you will work their steps on your own? Or something else? You never said what you mean. I do not assume anything - except that your meaning is unclear.

And when I wrote "Then you are not trying 12 steps (or SA) by definition", all I meant is that as long as you go and write as you did, "I can beat my yetzer hara"...then you are rejecting the 12 steps altogether anyhow, right from the start.

So make up your mind. Are you giving up to win the way Hashem helps all other successfully sober Jewish and gentile addicts in 12-step groups all over the world - or are you setting out to beat your yetzer hora? It isn't gonna work if it's both. For they are completely mutually exclusive and opposite approaches in attitude and in action. Until you pick, one will always negate the other.

Or have you figured out a 3rd path?

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Re: My new life.

Posted by shmulyz18 - 08 Apr 2016 02:53

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The Guard suggested I try live SA like meetings and phone conferences.

I am kinda nervous that I will mess up automatically. As is my track record for a lot of things.

I am going to talk to my parents about the live SA. And their thoughts on it.

This is my exit for the night. The gas prices have gone up. LOL

But really I am tired of being pulled in by lust.

Good night. Shalom.

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Re: My new life.

Posted by shmulyz18 - 09 Apr 2016 15:26

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Hello I fell last night on Erev Shabbos.

It's not so much porn anymore. It's masturbation.

I know it's Shabbos. But I needed to get this off my chest. And I am being honest in what happened



I am really saddened that I needed to jack off. I kept telling myself 3 things.

1. It's now Shabbos.
2. Will you feel better?
3. what the hell are you doing?

My other side told me to hell with Shabbos, i'm jacking off.

I really need to keep my occupied with something else.

My Mom was diagnosed with a thyroid Disorder not long ago. And I am scared she will die before we make Aliyah in Nov.-Dec.

Again I am really saddened and disgusted with myself.

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Re: My new life.

Posted by MeyerLemon - 09 Apr 2016 21:08

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Shmulyz18, the yetzer hara doesn't rest on Shabbos, and we are human. Please know that you are not the only one not exactly shomer Shabbat, but thank G-d, that at least you feel bad about it. So many Jews don't care about that.

Perhaps you can do Knas in honor of your mother and donate to an organization that she would support. You have no control over whether or not she will make Aliyah in Nov.-Dec. But perhaps we can pray to HaShem that she will receive refuah sheleimah, and that she will make Aliyah.

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Re: My new life.

Posted by shmulyz18 - 09 Apr 2016 21:54

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Thank you Meyer.

this helps a lot.

I am worried about her. Because Wisconsin spring can be a bit chilly.

I am going to keep davening for her, and staying clean.

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