Getting started again
Posted by poshut yid - 20 Mar 2009 01:04

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My friends, it has been way too long since I have been on the site and gotten chizuk from everyone. Now I am desperate to rid myself of this Machalah! As some of you know, I started this journey back in December and did really well for a while. I was succesful for 32 days and then the yetzer got me. Since then I have had many ups and downs. My longest stint was for 12 days and a few 7 day periods of abstinence. Sprinkled in with that I have had weeks that I have been nichshal almost daily. B'H I am only dealing with being mashkiv zera and pornography. I have done worse stuff in the past so at least on a positive note I have not done anymore of that. But now, I have to beat this, it is DESTROYING my life both spiritually, financially and empotionally. I am spending hours a day glued to the computer. I need HELP!!! I am commiting today to go a full week without any p... or SH"Z!

I have tried many times in the past to quit and alas, this problem has been with me for 22 years. I am speaking with Michelle weekly and will also be seeing an addictions doctor.

I need your help to give me chizuk and help me overcome this. The 32 days I was clean were the best days I have felt for a long time. I really felt alive.. I felt spiritually connected to HKB"HU.

If there is someone out there who can be an accountability partner that I can call once a day please can you send me an email to needtikkun@gmail.com.

Tomorrrow will be day 1 and I daven that Shabbos will help me be mechazek the foundation. I have also installled K9 and have to set up the filter properly so I can access the websites I need for work and then I will get rid of the password.

Thank you for listening.

Poshut Yid

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Re: Getting started again
Posted by poshut yid - 01 Apr 2009 02:11

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B"H I have completed day 12. I look forward to getting to 2 weeks! I did look into the SA groups. So far I can only find an SLAA Group. Is this the same as SA?

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Re: Getting started again

Posted by the.guard - 01 Apr 2009 20:08

SLA is more liberal and usually mixed. We generally suggest SA for religious people, not SLA. If you go to www.sa.org, you can try and find groups in your area. Maybe contact them by e-mail...

May Hashem be with you! And like we wrote in today's Chizuk e-mail -#445 - we should all be Zoche to reach the level of a Poshut Yid!

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Re: Getting started again
Posted by poshut yid - 05 Apr 2009 02:42

As we get closer to Pesach I am looking forward to going into Yom Tov as a Tahor Yid. B'Ezras Hahem by the tim ePesach comes I will be going on 3 weeks. However my goal right now is to get to Pesach clean. I know this week will be filled with Nissyonos because that is the way of the yetzer. He knows if I get to Pesach it will give me tremendous chizuk so he is going to try to break me before Pesach. Please be mispallel for me that I should have Siyata Dishmaya to make it through this week.

Gut Voch.

P.Y.

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Re: Getting started again
Posted by poshut yid - 07 Apr 2009 13:42

Well it is erev erev Pesach. In my mind I keep telling myself, I just have to get to Wednesday morning. Birkas Hachama should be very inspiring and then the da will get very busy. All I want at this point is to be able to go into Pesach Kadosh V'Tahor!

Today is day 19 and I am feeling strong, maybe a little anxious about how I will get through today. I am a little concerned whether I will be able to keep it up long term or not but the truth is right now I just want to get through the next 24 hours.

P.Y.

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Re: Getting started again
Posted by the.guard - 07 Apr 2009 14:56

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One day at a time. Give over your will to Hashem and he will fight for you...

Have you been keeping up with the chizuk e-mails recently? Make sure to read 448 and 449 **Here** **before** Pesach...

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Re: Getting started again
Posted by poshut yid - 07 Apr 2009 16:11

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I have been reading the chizuk emails. In my heart I am looking at it as just ge to Pesach and then deal with it after that. I find the busier I can keep myself the easier it is. On Wednesday I am travelling and obviously from Wed night to Motyzai Shabbos I wont be watching or looking at anything. So by getting to Pesach which is day 20- I will be able to reach day 23!! Is that the wrong approach?

I did go to a SLA meeting yesterday and really did not feel like I gained that much out of it. It did keep me busy so that was a good thing!

P.Y.

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Re: Getting started again
Posted by poshut yid - 13 Apr 2009 20:00

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I am starting to have trouble! I don't know how much longer I can keep this up. I am starting to think about p...n all the time and how I can get online. Anu suggestions???? I am on day 23 clean. I have been davening and learning but can't seem to clear my mind. HELP!!

P.Y.

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Re: Getting started again
Posted by me - 13 Apr 2009 20:10

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Usually at a time of crisis, the page on making a shavuah is very useful:

www.guardureyes.com/GUE/Tips/TipsShavuos.asp

I know that it is hard to make one of these, but usually, as soon as you do, the y"h realizes that you are serious.

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Re: Getting started again
Posted by the.guard - 13 Apr 2009 22:50

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See here: www.guardureyes.com/GUE/FAQ/FAQ39.asp

BTW, did you join an SA group or an SLA group? SA is much better.

But you need to get a sponsor and work the steps. Can you do this?

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Re: Getting started again
Posted by poshut yid - 14 Apr 2009 00:50

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I went to SLA group because that was what was available. Now I am away for Pesach!

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