

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 committing 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](mailto:needtikkun@gmail.com).

Tomorrorrow 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

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SLA is more liberal and usually mixed. We generally suggest SA for religious people, not SLA. If you go to [www.sa.org](http://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

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As we get closer to Pesach I am looking forward to going into Yom Tov as a Tahor Yid. B'Ezras Hahem by the time Pesach 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

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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 day will get very busy. All I want at this point is to be able to get 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 go 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. Any 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](http://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](http://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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