

Past the 90 mark and counting

Posted by YosefAvinu - 29 Jul 2010 23:20

B"H I ahve passed the 90 day milestone. In fact, I only realized it after passing it. What seemed impossible, when I started (and fell several times) actually happened. I am extremely grateful to the GUI community, the daily emails, the tips on the forums, the hizuk. I must confess, I still feel like an addict to lust. I stiil have desires. but that even makes getting past the 90, ev desires tonight, in fact all this weeken more remarkable. That inspite of the desires, with hashem's help, one can make it daily, step by step. I was having very strong desires, so I read the emails and it cooled me down. some of the tips that have helped me, which are really culled from here, with some slight personalization are:

- 1) Giving some of my maaser to GUI
- 2) Forwarding emails anonymously (I hope) to others
- 3) compiling a list of things that I commit myself to do, if I think heaven forbid that I am going to act out. I reenforce the commitment with a vow in hashem's name (not advisable but in my case essential) that I must do the before se things first, If I am going to act out, and if I don't to report myself to my Rabbi. The vow is only valid one day at a time. Thw vow is not targetting the lust directly, it is simply committing me to fulfilling certains tasks first. Since these are tasks I knowl can do, so I don't get feel oerwhelmed. So far I have been sober with this method.
- 4) Praying for hashem's help to get through the day without acting out - daily
- 5) Keeping myself busy, dorcng myself to love my work, learning new things both professionally and for leisure
- 6) Going early to shul in the morning
- 7) Going to kollel whenever I can get of work early
- 8) Trying to interact with people more
- 9) controlling my eyes and thoughts - I imagine how each minute spent not looking at or thinking about lust is an eternity of bliss with hashem - and I smile - which relaxes me.

I must confess my slips though:

- 1) Early on in my count, I got attracted to someone selling dead sea products
- 2) Even today I found myself attracted to the receptionist at the library
- 3) My thoughts have been haywire this week

4) Wasting lots of time reading internet news - not good for me- sometimes staring at things I shouldn't on the news websites

So I am still very much an addict but B"H I am more sober than I have ever been. I wish you all (and myself) success in being sober and trusting in hashem yom yom.

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