

Enough is enough...a long time ago was enough...there is no time better than now
Posted by SoldierOfHashem - 13 May 2012 06:18

Hello everyone

It is past 2 in the morning (unfortunatly not too unusual of a time for me to be up at my computer alone at night) I had enough many times and made many half serious attempts to battle my addiction to the internet and the various negative behaviors associated with this addiction, but as I am sure you are all know I have failed time and time again each time the situation getting worse and worse. I should keep this short as I do need to get to bed. However I have been meening to set up an account with GYE for some time and have been procrastinating with that, and i have decided that [i]im lo achshav amosi[i]

a little about myself

I am married with some children
I have been addicted to porn for over 10 years
I have been reading many things on various forums on this site but kept pushing off joining
I need to go through the drill of installing a filter and signing up for the 90 days (which i tried on my own with no success many times)
and look forward to getting to know you and to grow in my avodas hashem

good night from a very tired soldier
S.O.H(elpless).

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Re: Enough is enough...a long time ago was enough...there is no time better than now
Posted by SoldierOfHashem - 22 May 2012 03:15

thank you all for the continued encouragement.
befor I rant about my struggleing day, I would like to focus on the positive and congradulate my self on not only finnishning up with my 8th day clean since I started posting here (my renewal of) but also my strong efforts to keep shmiras eyniam like I have never done before.

now for my venting about my struggle today.....

I strated off the day tired wich may have made me edgeier to start with as I had less than 3 hours of sleep. I was doing well at first, and man dose it take a lot of foccusing to keep my eyes away its a full time job espesially when driving, not only do I have to pay attention to the road I need to actively pay attention to not let my eyes wander, sometimes I have been putting my hand on the side of my eye like a horses blinders ;D maybe i should get myself a set of those so I can keep both hands on the wheel ;D anyhow, when I got back to the office there was a sales women giving us an inservice marketing her companies product, unfortunetly for me she was a

very attractive women and was wearing an extremely revealing shirt (I apologize to those reading this if it is too descriptive, please let me know, I'm not quite sure of the rules limits) and forgive me Hashem for taking a few ganders but it was for at least a half hour and I was trying so hard I tried keeping my eyes on the ground for as long as I could without appearing to be too rude and I kept on trying to focus on looking at the other people and other objects in the room, considering though I did feel like I did put up quite a fight... as the rest of the day went on however I started to feel that subconscious urge, I'm sure you all know the feeling, for me I have this sense that I want to stop thinking for my self as much as I want to be in control of my decisions, it's almost a decision to stop deciding and let my body do its own thinking and not my conscience. However I did push myself throughout the day I tried reading one of the chizuk emails but my mind couldn't or didn't want to focus enough to read. but I thought to myself I am working so hard to watch what I look at I owe it to myself to be resilient and that got me through the majority of the day with a pounding headache to go along with it. I find I have my head has been aching a lot more than its normal dose maybe it has to do with me actively putting so much effort into my day and not being a passive observer of society.

On my way home I knew I was getting to be in my risky zone as I was driving unnecessarily aggressively, something I do when I have a lot of internal tension built up, especially sexual tension. Then when I got home things only got worse (for all those single people out there who think it will be easier when you get married, just ask any married man on this forum and they will laugh and say it just gets harder, in matter of fact everything gets harder when your married, every relationship takes a lot of work think of the relationship you are trying to have with Hashem your struggling like the rest of us, and any extra work just adds stress) I was getting edgier as I was getting more tired, my kids were tired and cranky making my tired wife cranky, which caused her to be upset with everything I did or didn't do, and that was with me putting extra effort to help her out with whatever she needed. By this point the arrow on Smokie's fire danger sign for me to fall was way in the red zone. I do have to say that after thinking of the root reason of why she is so upset at me even with my efforts to help are all my fault and I do want to elaborate on that another time, more than the fact that she is probably reading through my constant lies (and this is after a clean week, serves me right for all the other times, it's a funny thing though, she seems to always be more aggravated with me at times when I am doing well, I am wondering if anyone else ever experienced that and has any thought on that.)

I have been davening with a minyan a lot more consistently, but more than that over this past week part of my efforts in being more proactive I have been personalizing my tefila with more intent which has always been a weak area for me and most certainly needs a few lifetimes of improvement, I would like to thank all the people on this site for encouraging direct communication with Hashem as I gave it more of an effort after reading so many of you raving of its affects, yesterday I even tried using someone's prayer that he uses (I think it was Alex), thank you it is most certainly helped me today.

after mincha mariv things settled at home but I still have that uncontrollable feeling, so I figured I would write about it and hope I write it away. so thanks for reading about my day if you made it this far, sorry about its lengthiness but I am still feeling at risk.

Well I better go to sleep before the yetzer hora gets the best of me. that should put another day in the books (the books of life I hope) and may the sacrifices I made today help me through tomorrow. (btw I love that idea of not taking second looks being a sacrifice to Hashem it has made

almost every second of the last 24 hours seem like a huge accumulation of mitzvos... minus those few slips, it really is motivating)

thanks for listening
Good night my holy brothers

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Re: Enough is enough...a long time ago was enough...there is no time better than
Posted by obormottel - 22 May 2012 05:37

I tell myself that for each time that I turn my head away, Hashem erases one image from my memory. So after 120 years they won't be showing me all those images again, only this time to make me puke nonstop.

No, I have no mokoir for that. Its just a hope I have.

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Re: Enough is enough...a long time ago was enough...there is no time better than now
Posted by Machshovo Tova - 22 May 2012 13:51

Dear SoH,

I read your long story and was overwhelmed with your level of determination. I am sure that the angels in heaven are jealous that they were not given the opportunity of putting up such a fight for Hashem's honor. Like Abie Rottenberg sings, "Umi, umi, umi. Umi ke'amcha? Umi ke'amcha Yisroel?" Keep up the good work. and remember, "Iefum tzaara agra". And also, "schar mitzva mitzva" - in the merit of your mesiras nefesh for this mitzva of kedusha, you will be rewarded with power from heaven to be mekayem the mitzva with ease and happiness, amen.

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Re: Enough is enough...a long time ago was enough...there is no time better than now
Posted by Eye.nonymous - 22 May 2012 14:33

Thanks for posting all that.

There's a recovery slogan:

HALT

Be careful not to get too:

Hungry

Angry

Lonely

Tired

These are all conditions that put us in danger of acting out. It sounds like, from being tired, you were in danger in more ways than one. Sometimes it's just that--we don't need to look for deep psychological reasons for our distress. Sometimes we just need to get some sleep (and make sure we get it, even if we need to call in sick sometimes).

Good luck,

Elyah

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Re: Enough is enough...a long time ago was enough...there is no time better than
Posted by SoldierOfHashem - 23 May 2012 01:58

[obormottel wrote on 22 May 2012 05:37:](#)

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No, I have no mokoir for that. Its just a hope I have.

What *Siata Dishmaya* I found a mikor for you today, thats if you mix in *p'shat* of the lamdonim on this forum who believe that the sacrifice of *shmiras einayim* is considered a *korban*.

In the introduction to R' Schwabs sefer on tefila, when disscussing the difference between tifila and karbonos, he quotes the Vilna Gaon that says: Tefila has the power of selicha, mechila and kapora, which can bring us closer to hashem, in contrast to Korbanos wich make it like it never happened, and establishing a direct conection of the nishama to Hashem, as it is called *reiach nichoach lahashem*.

good night and thanks for the support

SOH

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