

I surrender...now what?

Posted by Strugglesincehs - 02 Jul 2012 17:52

I surrender...now what?

Has anyone experienced what I just experienced? The last two weeks have been awful for me. In a span of 14 days, I think I have fallen more than 5 times. It's almost as if my yetzer hara (whatever this thing is...) knows that I am seriously contemplated a commitment to GYE and it's trying to get a few more rounds in prior to the door closing. Does that make any sense?

About 6 weeks ago, I was at a conference for work and was in the middle of a really good streak. It was about 21 days since my last fall and I was determined that this was it. While I was familiar with GYE and had read some of the posts, I was not an active user. Needless to say, I did not make through the conference without falling and I decided that I would educate myself about GYE and get involved.

I started by signing up for the 90 day wall and daily chizuk emails, but I never made it past the 21 day spot. I am truly frustrated at my inability to control myself and the more I read in the daily emails from Dov the need to give over the fight to Hashem and let him fight the battle, the more it makes sense to me.

You see this has been a struggle since high school. I am struggling with the internet for almost a decade and a half. I am exhausted by the fight. I am married with two children and I can't believe I am still struggling. I never thought that this would continue after I got married

It all started when I received a laptop as a gift when I was 13 and a friend came over to show me what he "discovered" online. Once my friend (maybe not a such a great friend after all) showed me how easy it was to access all this inappropriate material, I kept on coming back for more. Throughout high school I would either use my laptop or shut the door to the computer room to surf the web when no one was home. Sometime I would "courageously" (I am being cynical) print a picture and take it up to my room.

The struggle continued all through high school even though I became pretty frum in 11th grade. I became serious about my davening and learning but I always lived with the guilt of this sin.

When I left to yeshiva after high school, I experienced freedom. There was no access to the internet so I couldn't do anything if I tried. I grew and grew in torah and yiras shamayim and felt great about myself. But it was a lie. I couldn't live the rest of my life in a bubble. It wasn't going to happen and so when I came back to the states for College, I reverted back to my old habits.

I am married for a few years, I am kovei itim latorah, I try and daven with a minyan three times a day, and I still struggle with this addiction. How do I stop it? Help me. Layout the yellow brick road for me...I surrender.

=====

====

Re: I surrender...now what?

Posted by Newbi - 15 Jul 2012 15:15

Mottel,

Good Mashul. Thx very true words.

Hatzlacha

=====

Re: I surrender...now what?

Posted by Strugglesincehs - 16 Jul 2012 16:57

I will answer my own question: "Was it the calm before the storm?" YES. My yetzer hara executed perfectly. I had my worst day in weeks. I fell three times in one day. How is that possible? Three reasons:

1) I did exactly what Newbie posted about. I said to myself, "Wow, look at myself. I am in control." and then BAM! I got hit by the 3,000 ton yetzer hara train that flattened me so hard that I now feel like a squeezed out dished rag lying limply on the dirty floor.

2) I went around the k9 filter I set up on my ipad. I don't have access to Safari so I downloaded a different search engine app to fill my urge. It took all of 3 minutes and I had broken the fence I put up.

3) I blew off a phone call. Someone sent me a PM and offered to talk to me. It would've been the first time I spoke to someone on the phone and I blew him off. I don't why? Myabe it has to do with reason one. I felt like I was in control and didnt need the help. WRONG! I need so much more help than I can imagine.

The hardest thing for me is starting all over again. I have to get up in the morning and still be the same person on the outside but inside I feel so ashamed and dirty. I am upset and annoyed with myself. My whole world is shattered and I dont want to care about anything. It manifests itself in many ways. When I am driving I run stop signs as if daring a cop to pull me over and give me a ticket. Give me ticket...see if I care.

oyyyyyyy! I am in so much internal pain and agony. I want to wallow in self pity but I can't because the world goes on around me...

I don't want to end on such a negative note. I will get over this. I will survive. I will break this addiction. Every fall brings me back to GYE and the forum for new ideas, chizuk, and companionship. Hashem Ya'zor.

=====
=====

Re: I surrender...now what?
Posted by Dov - 16 Jul 2012 17:14

If you are just not hurting enough yet to talk with a real person on the phone, then I suggest you at least read the White Book (link on GYE somewhere) pieces called, "To the Newcomer". Also, "The Problem".

If you relate, then feel free to share about it here - or not. Whatever U want.

=====
=====

Re: I surrender...now what?
Posted by alexeliezer - 16 Jul 2012 18:05

[Strugglesincehs wrote on 16 Jul 2012 16:57:](#)

....I dont want to care about anything. It manifests itself in many ways. When I am driving I run stop signs as if daring a cop to pull me over and give me a ticket. Give me ticket...see if I care.

I relate. In active addiction I took risks with myself, my possessions, and sometimes even the safety of others. When we see women as lust objects, we lose our sensitivity to others in general, and we lose respect for our own selves, even our own lives.

Admitting powerlessness means I must avoid this enemy at all costs. Which might mean you can't use your ipad. If you need it for business, power it off as soon as you're finished (not sleep, **off**)

Keep at it friend, you'll get this done yet.

=====
=====

Re: I surrender...now what?

Posted by Eye.nonymous - 16 Jul 2012 19:18

[dov wrote on 16 Jul 2012 17:14:](#)

at least read the White Book (link on GYE somewhere) pieces called, "To the Newcomer". Also, "The Problem".

Also coming soon to a thread near you: [HERE](#)

=====
=====