

Hit the ground running to the 90 days

Posted by organizing1 - 12 May 2013 19:56

Hey!! I'm new here and just wanted to test out a post. Hopefully get some chizuk. Here goes...

It all started in like 6th grade. of course I was just fooling around and only later as I experimented did I kinda realize what was happening. The porn came later. My dad actually caught me the first couple a times. Thought I was young and didn't know what I was doing. He was right. And I figured out how to do it without him knowing.this continued all through highschool. I would stay up late a few nights a week doing softcore stuff no videos b/c I had to keep it secret. This kept me very isolated.

Anyways since first year I started my struggle to stop. Damn has it been long and hard. There are a lot more graphic stuff online then just google pics. I mostly did it bein hazmanim. After bn hzmanim pesach I brought my laptop to yeshiva (why I don't know). That was pretty bad. By second year I was able to go about a month without porn but I couldn't hold back from acting out for more then 2 weeks. I do it two or three times a week on average I gave up the fight many times. Eventually I would just sit down with my chavrusa and tell him I'm going off the derech and he would say ok.....how. I would say I don't know get frustrated and walk out. By now while still observant I've become pretty much settled with my situation.

Watching acting out its like routine. I realized that a serious reason I can't stop is because by now I don't even know what the issur is. The shlchn aruch says its assur. Why? I did the shtark learning thing in isrl and now I'm pretty burnt out.

Until I found this website! My whole view of my situation has changed. I actually see a way out. I'm starting my three days prep for the 90 day journey. That it happens to coincide shlosa yemei kabbala is pretty cool. No promises though. Its mamesh a leap of faith. There is definately what to be nervous about. Someone please daven for me....

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Re: Hit the ground running to the 90 days

Posted by zvi - 17 Jun 2013 19:15

What my Rebbi said is have a target of, say, a week, 10 days/ a week, so you have something

to work towards. However, take that target one day at a time. Its the small victories which count.

Keep going!

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Re: Hit the ground running to the 90 days
Posted by organizing1 - 25 Jun 2013 07:04

Well the 90 days seem to be outta the question at this point. Not even sure about the 10 days. I don't even know why I should stop at this point.....

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Re: Hit the ground running to the 90 days
Posted by zvi - 25 Jun 2013 20:35

So try a week. 5 days. 3 days. Whatever you think is attainable. Even a day if you think that will be an achievement. If you're falling every day, then a day is the best way forward. Is a day not the biggest achievment there is?

Here's something that Dov wrote somewhere else on the forum.

Dov

'One day at a time' does not mean 'just stay clean for today, hold on one more day and pretend tomorrow's coming up for air will never arrive!' That is just plain lying and does no good in the long run. Rather, I think it means that today is really all you have. Hayom is repeated so many times in sh'ma and the Torah because today is always where you are. Yesterday's failure is not any of your business and tomorrows failures are not, either. They are G-d's affair. We live in the present....if we are mature enough and humble enough to do so. Usually we are not, though, and insist on 'fixing the damage' first. Our very common focus davka on 'Tikunnim' before stopping and living clean for a few years, is really nothing but childish gayvoh in religious garb. I know and have been there. Oh - and it does not work, too.

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Re: Hit the ground running to the 90 days
Posted by organizering1 - 27 Jun 2013 07:40

Thank you for responding, and while a good suggestion, it doesn't seem to answer my question (I will hopefully use it later) which is basically why should I even stop for a day. Its not interfering with any particular part of my life anymore. I have become so used to it, whats the need to stop.

Also I don't believe that the p P and M causes people to be secluded and anti social. I think Being secluded and anti social lead to P and M. Just my perspective.

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Re: Hit the ground running to the 90 days
Posted by Machshovo Tova - 27 Jun 2013 18:14

Actually, the choice is yours. You can take the chance and keep it up until it ruins your life to the point where you finally hit rock-bottom and realize that it's a matter of life and death ch"v (and hopefully it would not be too late to turn around). Or you can be proactive and stop while you're ahead and spare yourself all that misery.

Hatzlacha

MT

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Re: Hit the ground running to the 90 days
Posted by gibbor120 - 27 Jun 2013 18:21

[organizering1 wrote:](#)

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[organizing1 wrote:](#)

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Which is it?

Why did you come here? You wanted a way out, right? Why?

If you could stop, do you think your life be better? Why?

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Re: Hit the ground running to the 90 days
Posted by reallygettingthere - 27 Jun 2013 21:15

[organizing1 wrote:](#)

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The more a person focuses on themselves, the less they interact with others (unless they are using them)

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Re: Hit the ground running to the 90 days

Posted by organizing1 - 19 Jul 2013 21:20

I just got from 2 weeks in the mountains. I'm holding firmly to my belief that P and M are not the direct causes of being Anti social. After two weeks of being social, I was all of a sudden not interested in M. It was the the first experience Ive ever had like it. I just got bored in the middle (of course I finished), but that was it! The desire, the fight, it just wasnt there.

Another big factor is that I could a filter, (and I mean a pretty good one this time) I realized the real instigator for watching so much porn was not the lust alone, but the lust plus A LOT of boredom. The boredom is like fuel to the fire, the more fire, the more likely youll act out. One I couldnt get to it, even when a little bored i didnt act on it, b/c the desire for porn was not overwhelming.

These are my experiences and I would love to hear others take on it. I always thought P and M were different Taivos. Now I think that P (or fantasizing etc) leads to M. Not the other way around. With out P, M slowly gets easier and easier to fight.

I've been clean for X days, and it feels totally natural.

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Re: Hit the ground running to the 90 days
Posted by gibbor120 - 19 Jul 2013 21:35

Boredom definitely leads to aveira.

?????? ?????? ????? kesubos 59b. I'm pretty sure there are other similar satements in chazal.

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Re: Hit the ground running to the 90 days
Posted by AlexEliezer - 19 Jul 2013 22:18

[organizing1 wrote:](#)

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Hi Organizing, nice to hear from you!

Glad things seem to be improving.

I agree that "P leads to M" and not the other way around. In fact, lusting in general, whether it

be ogling women in the street or at work, fantasizing, looking at pics/movies/TV, all of this is the ikkar of our problem. Masturbation is just the release valve. We're addicted to lust. Avoid lust and the rest gets much easier.

Continued hatzlocha!

Alex

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