

chasdei hashem

Posted by kilochalu - 22 Nov 2013 06:33

I don't know where to start from, the whole story would fill up a book at least, and it is terribly hard for me even to write one line but I know that if I don't do this I will never forgive myself the next time I fall and that will inevitably occur sooner or later if I just sit back complacently and think that this time was for sure the last as I've done several dozen times in the past. The past few months I've been around gye reading some of the material and getting alot of chizuk from the forums but after a fall on rosh chodesh elul and another some time at the end of tishrei I realize that this alone will not do the trick. My story in a nutshell is over 20 years of masturbating starting with books that my mother took out from the library, going on to yeshiva involving another bochur, then onto getting a hold of books and magazines, spending hours at internet cafes in EY, and finally after speaking to a Rebbi who sent me to therapy and sa meetings which kept me clean for 2 and 1/2 years, still over the last several years renting a laptop here and there and falling again and again

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Re: chasdei hashem

Posted by kilochalu - 03 Jul 2015 00:18

[dd wrote:](#)

Hi Kilo.

I'm so sorry to hear about your fall. But from the little bit that i know you you should be able to learn from this one and remember that those 500 days are yours for ever!!!

You have reached such great level don't let the bad feeling after a fall get to you. Please for your sake!!!

KOMT!!!!

P.s. MAZEL TOV ON 500 DAYS!!!!!!

I so don't feel like celebrating right now but thanks anyway

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Re: chasdei hashem

Posted by Bigmoish - 03 Jul 2015 00:21

Welcome back.

Sorry about the fall.

We're still here.

Time to get back on the tricycle.

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Re: chasdei hashem

Posted by Yudi - 03 Jul 2015 01:14

Hi *Kilo*,

fact, I know someone who told me they were clean **18 years** and then fell. You can only imagine how he felt when it happened. Let's face it, this lust thing is an ugly parsha, period.). In

And falling after thinking you've beat this thing has got to be one of the bitterest experiences one can go through. But the bottom line is: **Don't Despair!** Despair is the YH wanting to convince you that you're worthless, incurable, a zero - Don't listen! Keep fighting!

When we fall again after a long time, it's not easy to pick ourselves up. But the challenge of such a moment is to show Hashem (and ourselves) how important it is that we win this war. If

life were a stroll in the park without any spiritual potholes to fall into, our unwavering commitment to Hashem could never be proven. It's only when we've taken a big hit, are down for the count, and still get up to fight this thing, that we're able to demonstrate our true love for

As the famous quote goes: *"Sometimes you have to lose the battle, to win the war. If you believe strongly in something, fight for it. In time, things will fall into place."*

Hashem!

Much hatzlacha!

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Re: chasdei hashem

Posted by godhelp - 03 Jul 2015 01:31

Welcome Back kilochalu

Just here to tell you I will have yo in mind in my Tefillos, and we are all here for you.

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Re: chasdei hashem

Posted by yiraishamaim - 03 Jul 2015 04:22

kilo - now have an entirely new nisayon. Before you had to learn the ropes. Work a good program. You had your routine. You showed your sincere intentions, you did your hishtadlus and Hashem flew your sail.

Now you fell.

How you gonna handle it buddy? You know how to do it. over 500days!! you could write a book. you are our model of achievement. Now its different though. The nisayon is to work through the

pain and go on to succeed. I'd venture to guess that this time around you are going to have way more of a geshmak than you had last time.

ya just gotta get over the hump.

Please go out and inspire us in this new way.

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Re: chasdei hashem
Posted by mr.clean - 03 Jul 2015 05:05

Hey kilo,

I didn't read all the posts till now only your first two so if i'm repeating what others are saying i apologize.

it seems that you've been through a lot because of this, dare i say too much. Give yourself some room to breathe. I cant imagine the amount of shame, depression and anxiety you've gotten over this. And with all that "baggage"you still expect to get better? ha! We can only begin to recover when we begin to heal ourselves! The amount of days clean or unclean is only the symptom. just like the porn itself. As they say in recovery porn isn't the problem... its the solution. just like when we have strep and we get fever we try to heal the illness behind it and we don't just look at a 98.5 body temp as the sign of health or otherwise, why are we looking at days clean or unclean as that either? how much have you worked on your self esteem? anxiety? have you been sleeping normally? eating normally? filling your day with rewarding activities? **YOU GOTTA MAKE LIFE WORK IN ORDER FOR IT TO WORK FOR YOU.**

your putting yourself through too much. chill. people have taivos. are yours going to far, probably, but that doesn't mean you need to beat yourself up the way you do for every little thing, your gonna drive yourself mad. the end goal is to be a healthy functioning human being... how much closer are you to that goal since you've tried to quit porn?

am i totally off the mark?

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Re: chasdei hashem

Posted by kilochalu - 03 Jul 2015 06:21

[mr.clean wrote:](#)

how much have you worked on your self esteem? anxiety? have you been sleeping normally? eating normally? filling your day with rewarding activities?

1)2)working on those with the first few of the 12 steps specifically the 4th and 5th have gotten me to the 500 days with Hashem's help

3) definitely not

4) a little too much (maybe cuz the anxieties are not 100% gone)

5) definitely, maybe too full

thanks everyone for all of the chizuk, it really means alot to me

t'chazek

v'tischazek

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Re: chasdei hashem

Posted by gibbor120 - 05 Jul 2015 20:55

I'm sorry to hear about your fall. Kudos for being so open about it. You are in a much better place now than you were 500 days ago. IY"H, you will grow from this.

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Re: chasdei hashem

Posted by cordnoy - 03 Aug 2015 22:36

[kilochalu wrote:](#)

[Pidaini wrote:](#)

Did you ever entertain the thought of joining OINK?

You can [read all about it here!!!](#)

I've thought and thought and thought and thought

I think that I have to stop thinking so much

"Nothin' is good or bad, but thinkin' makes it so."

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Re: chasdei hashem

Posted by kilochalu - 04 Aug 2015 00:01

cordnoy-

that was a very long time ago when i thought, I haven't had time for that in a long time

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Re: chasdei hashem

Posted by cordnoy - 04 Aug 2015 00:18

[kilochalu wrote:](#)

cordnoy-

that was a very long time ago when i thought, I haven't had time for that in a long time

Assumin' that you are proud of that.....

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