

A new beginning

Posted by ineedchizuk - 25 Jun 2014 16:20

Hi everyone!

I'm Motty, 33, married, 3 kids, from Israel.

I originally posted this on a different board, but here goes:

So I'm on day 6, fighting one moment at a time.

So many things by me are triggers- and I'm not referring to the typical, ie. seeing/thinking lustful stuff. I know it's not unique, as I've read about it on Dr Sorotskin's site (thanks, Gibbor!). Specifically the stuff about perfection.

I find that acting out for me is usually an expression of yiush. Meaning when I start becoming upset or nervous about something, I have this urge to act out 'just get it over with'. Of course it helps me avoid reality. But more, it makes me feel like 'ok, now you did the worst, so you're done. Now you can move on'. So I really would agree that 'lust is not the problem, it's the solution'. Meaning that it's forcing me to face my underlying issues that drive me to lust. So very often it's 2 steps: a. A negative emotion, then b. acting out. Even when I find myself in a lustful mood, it's usually a. 'Give up- you know you won't be able control yourself, and only then b. acting out.

Now for you gevaldige guys who are about ask those deep questions that might actually get me to think (and I look forward to getting to know you and growing from them), my lusting has led me to phone sex, pornography, masturbation. The p**n probably from age 11, the rest a couple of years later. Ok, I know you still have plenty to ask!

Living '1 moment at a time' has been helping tremendously. It seems to be the exact opposite to the thoughts I usually have. Releases some of the pressure.

For me, the process of getting out of isolation began with gye. Before I ever spoke to anyone. Just by reading many post, I have gotten to understand myself more. This makes sense since until 3 weeks ago, when I joined gye, I have never in my 33 years spoken to anyone about this issue.

So thank you all for letting me learn so much from you, and for showing me that it pays to make yourself vulnerable, and open up.

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Re: A new beginning

Posted by Pidaini - 02 Jul 2014 10:29

That's so refreshing!!!

A little bit of humility can go such a far way!!

Thank You for sharing...and remember that we aren't always perfectly imperfect, sometimes I don't accept that I'm not accepting a certain situation, I need to remember that that happens as well....and just KOMT!!!!!!!

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Re: A new beginning

Posted by ineedchizuk - 03 Jul 2014 02:51

Really rough day.

No other triggers-just plain old lust. It just wouldn't go away.

Amazing how aware I became of how it creeps in.

It began with seeing options on my cell phone company's site for access to inappropriate numbers.

I had this sudden crazy urge to unlock the option. I could feel this tightening in my stomach and quickening heartbeat. The same feeling as when seeing something inappropriate from the side of my eye. The same feeling as when I'm anxious. The feeling that until a short while ago would say 'you won't be able to handle it- so why put yourself through the pain? Just get it over with, and you'll feel better.'

And the feeling persisted for a couple of hours. There was a voice telling me 'come on, you'll feel so relaxed after you ma.....e'. It wasn't easy.

But I'm learning that it's not as scary as it 'feels'- after all, a feeling is just a feeling! There's no danger. I don't HAVE to do anything to avoid it! And, with Hashem's infinite kindness I was able to just be present and aware. Aware as opposed to compulsively doing whatever it takes to avoid. Aware that I'm having a very uncomfortable feeling. And that's all. I'm not a slave to it- or to the voice telling me that I should just give up. Gam zeh yaavor! (And it did!)

So Thank You Hashem for a challenging day #14.

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Re: A new beginning

Posted by dms1234 - 03 Jul 2014 02:57

WOW! Great Job! Remember to calm down and breathe. We can't think with so many things rushing to our heads.

But i would advise that next time, you reach out to someone. Sometimes lust comes at full force and we cant resist but ourselves. We need help. Other people will screw our heads back on. If you're having troubles finding people to talk to, use the chat bar conveniently at the bottom of the page. I am sure you can find people to chat, text or even call when you are having a bit of trouble

KOL!! KEEP ON LIVING!

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Re: A new beginning

Posted by lavi - 03 Jul 2014 09:05

i appreciate your post. thats what saved me more than once. i think it is human pysche. any emotion that is shared automatically gets less.

thanks.

lavi

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Re: A new beginning

Posted by ineedchizuk - 04 Jul 2014 03:47

Well.... I had a slip today. I was looking at inappropriate stuff online, and it took about two minute to get a hold of myself and pull myself away. B"H moved on , and didn't let it pull me down further.

Now I need YOUR feedback. What's the gye ???? ???? ?? here? Do I restart the 90 days?

What constitutes a fall?

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Re: A new beginning

Posted by skeptical - 04 Jul 2014 04:30

The official rule for the 90-Day Chart is as follows. ([Wall of Honor Rules](#))

What constitutes a "Fall" to require restarting the count?

There are "slips" and there are "falls". "Slips" do not require restarting the count. "Falls" do require restarting.

A "Fall" is one of the following things:

- 1) Intentional masturbation
- 2) Intentionally viewing improper sites
- 3) Intentionally calling inappropriate telephone numbers
- 4) Intentionally seeking out and reading erotica

5) Worse things, which I need not mention.

In regard to number 2 (and 4), if someone saw something by mistake and then got a little bit carried away and kept looking at it, or even if someone saw a link and couldn't resist clicking on it but then catches themselves within a few seconds, that would only be considered a "slip", not a "fall". However, if someone decides to actively pursue viewing bad sites chas veshalom, that would be considered a FALL and require a restart of the count (by letting us know).

Also, each person can set their own criteria for what they consider a "slip" for themselves. But as long as they did not do one of the 5 things above, they can stay on the chart if they want.

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Re: A new beginning

Posted by shomer bro - 04 Jul 2014 04:47

I'm so sorry that you fell, but you should read some of the great stuff you wrote a few days ago. I found it to be simply inspiring, and I'm so happy I read this post. As you wrote, it's all about taking baby steps, and I'll add to it that sometimes when we take those steps we fall. So, it's time to pick yourself up, dust off the dirt, and KOMT. You got this one! Yesterday I looked at inappropriate images for the first time in quite a while , and I mb. But you know what? I felt terrible, but I have to move on and KOMT. Hashem gave each of us different nisyonos, and we can overcome them. They may seem like imposing mountains which are impossible to ascend, but like Mt. Everest, we can climb it if we only believe in ourselves.

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Re: A new beginning

Posted by cordnoy - 04 Jul 2014 07:02

[ineedchizuk wrote:](#)

Well.... I had a slip today. I was looking at inappropriate stuff online, and it took about two minute to get a hold of myself and pull myself away. B"H moved on , and didn't let it pull me down further.

Now I need YOUR feedback. What's the gye ????? ???? ?? here? Do I restart the 90 days?

What constitutes a fall?

Perhaps the countin' is important to you, so go ahead and kler the chakirah, but ultimately, the question that you need to ask is "are you recoverin'?" Are you learnin' not to lust? Are you realizin' that the object of your desire is not a Goddess and they have nothin' to do with you, and you should move on? [I'm talkin' to myself here.] If the answer is yes, then keep on truckin'! If the answer is no, then, "What are you gonna do?"

b'hatzlachah

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Re: A new beginning

Posted by Pidaini - 04 Jul 2014 10:54

BH that you tore away and just went on!! Good Move!!

As for the question of the chart, I would say that you do what ever will keep you clean. Some people decide that for now they'll let it go, but if it happens again, then they will reset it.

But the point is as cordnoy wrote. We need to let go of days and live in the moment. Practically, it does help somewhat to have those numbers in our heads, but we should try teaching ourselves that it's really insignificant.

If you are sick today, does it make a difference if you were up and about yesterday? You'll go to a doctor today because you're sick today. If you were sick yesterday and feeling fine today, are you going to lay in bed moaning and groaning and call a doctor, because you were sick yesterday?

It's very much the same with our life, we take it as it comes, deal with what's at hand. We don't need to add our whole life into every equation!!

So KOT!!! It's not the chart that's experiencing life.....it's you!!!

KOP!! KOMT!!!

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Re: A new beginning

Posted by ineedchizuk - 07 Jul 2014 00:34

I love the varied responses. We're one diverse group of guys, all with one goal in mind!

And from Skep, I got a "?????" when we schmoozed, then a "?????" here on the forum!

So, in the spirit of all your comments, I will hereby reset my count. But without a heavy heart. Precisely BECAUSE it's okay. So, I declare besimcha- "???? ??? ?????".

One moment at a time.

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Re: A new beginning

Posted by lavi - 07 Jul 2014 23:10

kol hakovod, may we also be zocheh to share good news.

in fact your last post is good news. keep it up

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Re: A new beginning

Posted by ineedchizuk - 14 Jul 2014 02:34

??? ??? ??? ????

Still clean B"H. Today was a bit tough. Some feelings to lust. To 'just' peek. B"H ignored. That's the good news.

The other news? Feels like I'm becoming complacent. Forgetting to constantly thank Hashem not just for what I do right, but just as much for what I don't do wrong. Maybe I'll do a gratitude list, like I've seen on the forum.

All right- for starters, here goes:

Thank you ????"? ????? ??? who only wants what's best for me, for:

- My health. You know what? It feels geshmak to take a deep breath. (that's for you, DMS)
- Giving me the opportunity to learn your Torah.
- My beautiful mishpacha.
- The nisyonos that you hand pick just for me. A fringe benefit- getting to know the wonderful gye community!

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Re: A new beginning

Posted by Pidaini - 14 Jul 2014 05:43

Great to hear that you're trucking along!!

Are you in contact with people that you can express your urges and feelings to honestly? That has been THE most helpful thing for me. It enables me to be able to talk to Hashem honestly as well.

Don't ignore your lust, by me it's usually a sign of lack of action, either in life in general or in recovery specifically.

KUTGW!! KOT!!

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Re: A new beginning

Posted by shivisi - 14 Jul 2014 12:10

[Pidaini wrote:](#)

Don't ignore your lust, by me it's usually a sign of lack of action, either in life in general or in recovery specifically. KUTGW!! KOT!!

I have heard many times from very wise people and experts, that if we give full attention to every little thought that arises we are "digging ourselves deeper into the problem" instead of getting out of it.

We must learn how NOT to pay attention to certain rising thoughts.

That itself is considered an EFFORT toward recovery, and not just a "lack of action".

Chazak v'ematz!

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