

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 shomer bro - 02 Oct 2014 21:57

Mazel tov!! Its a chizzuk to hear.

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Re: A new beginning

Posted by ineedchizuk - 24 Oct 2014 16:50

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Been a good streak

Been having some slips, stronger than until now.

Trying to do my hishtadlus, by posting this, BEFORE the fact.

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Re: A new beginning

Posted by unanumun - 25 Oct 2014 21:52

KOT!!!!

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Re: A new beginning

Posted by dd - 26 Oct 2014 12:11

[quote="ineedchizuk" post=241933]????? ???? ?????

[quote]

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Re: A new beginning
Posted by dd - 26 Oct 2014 12:14

[ineedchizuk wrote:](#)

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Re: A new beginning
Posted by ineedchizuk - 26 Oct 2014 12:32

Deep, DD. :-) shkoiach.

Baruch Hashem I am still clean.

Had this spell. It FELT like I had to act out.

I kept entering searches that just might bring up what I didn't want to see. Kept telling myself 'just do it and get it over with'.

In between, I reached out to quite a few gye friends, davened, then posted here.

I don't know how I was able to pull myself away. But I'm very very thankful I did.

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Feels like I experienced a ?? ?????

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Re: A new beginning
Posted by ineedchizuk - 26 Oct 2014 12:32

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Re: A new beginning
Posted by dd - 26 Oct 2014 12:57

WOW!!!!

SO GOMT!!!!

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Re: A new beginning

Posted by ineedchizuk - 26 Oct 2014 21:48

I fell today.

Moving forward, I need to focus on now. Nothing in the world has any significance to me except for now.

I hope to be clean, and to be thankful for every moment that I am clean.

Surrender. That's a biggie for me. So much as I'd say it's impossible for me to fight it. Surrender to Hashem is a whole new concept I've learned here ,and I will need to reinforce that in my head.

I daven that I should be able to just move on, and not stay stuck.

Learning from the past to use for the next now, I identify a bit with Dov's nuclear reset button thing, but pashut pshat, stress, fear of rejection and perfectionism, is what led me down my yiush spiral.

You know R' Nachman's version of KOMT?

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Re: A new beginning
Posted by cordnoy - 26 Oct 2014 22:32

sent you a pm earlier; did you get?

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Re: A new beginning
Posted by ineedchizuk - 26 Oct 2014 22:59

I got your pm, and I appreciate it, Cordy. Just not as quick as you to respond (which is why chat works better for me).

Hope you're okay.

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Re: A new beginning
Posted by ineedchizuk - 26 Oct 2014 23:02

ineedchizuk got a lot of chizuk from the following gye email after updating my 90 day chart.
Perhaps you will too.

Hi ineedchizuk,

It seems Hashem loves your divine service too much to just let you be happy with your current situation. He often brings us to fall, just when we thought we had it all under control. This is so that we realize that without His help, without true humility in the knowlege that only He can help us, we cannot really succeed. He also wants us to keep taking our fences to a new level. He wants a higher level of purity from us, He wants our hearts.

Remember, the Yetzer Hara wants you to get DOWN about the fall, even more than he wanted you to fall. Once he gets you down, he OWNS you.

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Re: A new beginning
Posted by ineedchizuk - 28 Oct 2014 03:32

Being clean today (day 1) was as wonderful as being clean 2 days ago (day 114).

ODAAT! !!!!!!!!!!!!!

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Re: A new beginning

Posted by cordnoy - 01 Mar 2015 23:28

[dd wrote:](#)

[ineedchizuk wrote:](#)

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Tis da season!

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