

peloni almoni

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OK, so here's my story, before and after GYE. I discovered masturbation accidentally while I was working out. I was sixteen (later than most, I assume), and apparently, the exercise was either stimulating or otherwise causing discharge. Curious as I was, I began experimenting, and well... one thing led to another. Having been educated now as to what masturbation was, and having experienced it, I did not want to stop. Of course, I had struggled with impure thoughts before this, but I assume most guys did. And even since then, my problem has been more with impure thoughts than with pornography simply because the latter was not always accessible. I have a strong imagination, and I usually found a movie, even rated pg or g enough to get me going. There are those of you who know exactly what I am talking about, so enough said. I was acting out a lot. A lot.

After trying unsuccessfully to stop, and only getting worse, and after going through a traumatic relationship ending with divorce (nothing to do with acting out), I decided three years ago that I just had to cut back. I was at the time deathly ashamed of speaking to anyone about this. I was on my own. Putting to use all of the yeshiva training I had regarding making kabbalos, I cheshboned like this: shabbos was from now on out of bounds. Whatever it was, it could wait until Saturday night. Each week now had six possible days, and six possible nights. That's 12 units ("onos" for those who have learned yo"d III). From now on, 8 of those units had to be pure each week. Four were to be used for my addiction. This, I would try for a year.

After a year of successful execution, I made the following kabbalah: from now on, ten out of twelve onos had to be pure. I could use two for what I wanted.

After the second year went, baruch H' successfully, I felt I was not ready to go only once a week, but I felt I had built enough resistance to go for a streak. So I did the following: this year, 5754 is a leap year. That means 55 complete calendar weeks from Sunday to Saturday. I accepted to be sober for the majority of weeks, from beginning to end. That means 28 weeks clean from Sunday to Saturday. Saturdays were still out of bounds.

So far, I am 26 out of 48. Plus, there have been 7 additional weeks that I have acted out only once. And since elul is around the corner, I am optimistic about succeeding this year as well.

For next year, I had come to the following realization: I can hold myself now for two weeks with some effort. Perhaps I should make my goal over the 52 weeks of the upcoming year to accumulate 30 two-week units (cheshboning 1 point for a clean two week period, and 1 point for every consecutive week after that. I am counting on elul and sefira for the "extra credit" - those days are always easier).

Then, on July 30th of this year, I found GYE. I enrolled in the 90 day program. I am closing in on one week going towards my second week. I am afraid, because this is when it gets hard, but I am also confident. I know I am not alone, and with the support of all of you out there, and a lot of divine inspiration, hopefully this next year will pleasantly surprise me, and pleasantly surprise us all as we soldier on in our undertaking.

I am open to your thoughts, ideas, divrei chizuk, etc. Anything you write me will help when I am in a dark place, so please don't hold back!!

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