

introduction trying2bgr8

Posted by trying2bgr8 - 20 Aug 2014 18:35

Hi-

I have been a member on this website for almost a year, then went "offline" for a couple of months, and now im back. Let me start with a little background. It all started when I was a child and found that mb relaxed me and made it easier to fall asleep every night. I would mb every night for years. As I got older, and was still a child I would take all the macys ads and look at them while mb. From there it went to reading newspapers, to tabloids, to seeing my first playboy magazine. As it seems from reading the blog here, one never get satisfied. Being no different, I "upgraded" to more explicit magazines. While there I remember thinking that this is a huge chillul hashem, but was not able to stop. All this was while I was in Yeshiva and was officialy a "very good" bachur. I would even sneak the magazines into my dorm room. When possible, I would buy porn videos and watch them at home while no one knew. Every time I would do something like this, it would make me cry from stooping so low, but it would never stop me totally. Then was the time that we would get those free 100 hours from AOL cd's. I would use them on my parents computer, while piecing together a bunch of phone wires so that I would be able to run a wire from the computer to a phone jack. My parents had no idea that there was ever internet on the computer. Al the while my friends and rabeim had no idea at all. It got so bad that I ended up going to a strip club 3 times and getting dances each time there. I cried each time, but still did not stop doing these kind of things. I went to Israel to "learn". Did some learning, and a lot of touring to places that I would be able to see girls that I would become aroused from. After Israel got married, and then pretty much stopped. As time went on, and I received a computer from work that would not allow me to install a filter, my old habits came back. Ive watched real porn on youtube (think ppl underrate what can be watched there). I had a big fall again this motsei shabbos and decided that enough is enough. I joined the 90 day program, and real motviated to be done once and for all. Any suggestions will help. Thank you!

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Re: introduction trying2bgr8

Posted by gibbor120 - 27 Aug 2014 21:08

[trying2bgr8 wrote:](#)

Hi-

While I have been doing well BH lately, I had a big disappointment last night. During my sleep I

was mz"l and woke up feeling very down. Feel like im the best I have been in a long time, and this is what I get?!?!

I sense resentment against G-d. You are in schar v'onesh mode. I learned from dov. Just do your job and leave the rest to G-d. Really, it's none of our business. Do what you need to do and don't stress over the results (or schar v'onesh) too much. It doesn't lead anywhere good.

Just forget it and keep truckin!

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Re: introduction trying2bgr8

Posted by reallygettingthere - 27 Aug 2014 23:51

ok, so you were MZL. Do yout expect to be a tzadik when you're sleeping? Probably not. You are a normal human being who is working on dealing with lust.

Don't feel bad. You were not oyver any issurim. Don't worry about tahara, there's time for that later. Right now work on sobriety.

Eli

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Re: introduction trying2bgr8

Posted by trying2bgr8 - 28 Aug 2014 01:24

Thank you everyone for all the words of encouragement. I am using this forum to be able to keep moving forward. I had an opprtunity today to really fall, but BH really overcame it. Im currently in "the zone". Hope to stay in it forever!

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Re: introduction trying2bgr8

Posted by cordnoy - 28 Aug 2014 01:31

Keep it up!

Your excitement and motivation seems genuine and it should propel you forward.

I haven't had opportunity to say this for a while, but around here, "hope" won't get us too far; "actions" are what count, and you seem to be on the way with that as well.

b'hatzlachah

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Re: introduction trying2bgr8

Posted by dms1234 - 28 Aug 2014 01:34

trying2bgr8

During my sleep I was mz"l and woke up feeling very down.
Look this happens to me a lot and it sucks but you cant control what happens during the night.
Just do your part in the day, and Bezras Hashem it won't happen again. Move right along and
keep doing what your doing!

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Re: introduction trying2bgr8

Posted by abe68 - 28 Aug 2014 01:38

Reb Aron of Karlin Says:

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Re: introduction trying2bgr8

Posted by gibbor120 - 28 Aug 2014 20:22

No one stays in the zone forever. We must make it through the easy and difficult times.

What seperates good golfers and great golfers is not how many fairways they hit. It's how they recover when they end up in the rough.

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Re: introduction trying2bgr8

Posted by trying2bgr8 - 05 Sep 2014 17:57

18 Days!

BH...Feels great!

My main medicine for this issue has been training myself not to take the "second look" while being online or in the street.

Thanks to everyone for posting, as it helps knowing that this truck has other people on it. Hope the truck empties out real soon!

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Re: introduction trying2bgr8

Posted by unanumun - 10 Sep 2014 00:56

[trying2bgr8 wrote:](#)

Thanks to everyone for posting, as it helps knowing that this truck has other people on it. Hope the truck empties out real soon!

First of all a belated welcome. Keep up the good work.

As far as the truck, it never empties out. (actually there might be a few trucks, ask cordnoy- I)

we are on the truck forever. There is always room for more. but we gotta stay on the truck. We may switch highways, change speeds, upgrade to tanks or downgrade to tricycles but we gotta stay on for the ride.

The sooner we realize that the better a seat we get. but the main thing is KOT!!!!

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Re: introduction trying2bgr8

Posted by trying2bgr8 - 24 Sep 2014 17:53

Hi-

think he is in charge of inventory and who has whose trucks

BH since joining the 90 program, I have been clean. Hope Hashem notices that this Rosh Hashana, and hope he gives me the tools to keep up this fight, and everything else good.

Thank you everyone here!

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Re: introduction trying2bgr8

Posted by gibbor120 - 24 Sep 2014 20:14

[trying2bgr8 wrote:](#)

Hi-

BH since joining the 90 program, I have been clean. Hope Hashem notices that this Rosh Hashana

. He loves you either way. His love is not conditional.

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Re: introduction trying2bgr8

Posted by cordnoy - 12 Feb 2015 19:18

[trying2bgr8 wrote:](#)

He will notice. I heard he's got a top notch accounting dept

BH since joining the 90 program, I have been clean. Hope Hashem notices that this Rosh Hashana, and hope he gives me the tools to keep up this fight, and everything else good.

Thank you everyone here!

'Hope' and 'hope'!?

Don't know how I missed these two.

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Re: introduction trying2bgr8

Posted by trying2bgr8 - 02 Jun 2015 17:12

Ok. So I was clean for 285 days, and had a bad fall Last Thursday / Friday. I'm clean again for 3 days, but I'm feeling like I want to look at porn now....Help!!

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Re: introduction trying2bgr8

Posted by cordnoy - 02 Jun 2015 17:31

What tools were you usin' then and what are you usin' now?

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