It's a new year, and it is time I started posting
Posted by Hatzileini Na - 28 Sep 2014 22:48

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I've been a member here for close to a year. I've used the 90 chart (initially I was able to print a calendar, which I kept hanging by my bed, though I can't seem to figure out how to do so anymore) and found that reading the posts helped me refocus when I started falling into lust.

For a long time I thought that I could benefit from the site without posting, but seeing as I have slipped a few times, it is time I started.

Over the last 10 months or so while utilizing the resources here I have noticed a number of things:

1. My primary issue with m is at night. I have had trouble sleeping most of my life and I often get into trouble late at night when I cannot sleep. For the most part it is not an issue of fantasizing, but of frustration and discomfort. Laying in bed unable to sleep is incredibly frustrating and I often feel pressure "below" (not sure if pressure is the right word, but some sort "itch" that wants to be scratched) which itself makes it more difficult to sleep. I have fallen 3 times in the last 10 months or so and each time it was this kind of situation.

2. Besides for fully falling, I often find myself distracted by pretty girls. Again not fantasizing about them, but simply wanting to sit there and look at them. I feel like dirt when I am sitting with people I am fairly close to and find myself wanting to just look at them. I have some theories on why I notice looks so much (as a kid it always seemed like the good looking people in school were more popular, were having a better time etc. and I think that as someone who often felt like an outsider, this connection is deeply rooted...)

3. While it has not been my primary issue, I know I should be doing more to keep myself safe on the internet. I have tried a number of filters for my laptop and smartphone, but have struggled (primarily with the phone) to find something that does not slow my phone or limit other functionality significantly. Since I know night is my primary struggle I keep my phone far from my room at night but I know that that is not enough.

After falling again this past Friday night (I would express shock that it's the day after Rosh Hashana, but I know that in my case, no matter how meaningful and uplifting Rosh Hashana or any other day is, when I get caught up, and when I have tried to sleep for hours and cannot fall asleep, it does not matter much). What I realized though was that if I was not willing to post, I was basically saying to Hashem (and myself) that I wanted to stop, but not enough that I was really willing to do much about it (beyond the personal private struggle etc.)

With this new year, Bez"H I'm going to build the courage to do what I need to do to set up myself up for success (and allow Hashem to do the rest.)

I know many have gotten past this stage and are not nervous posting but it has taken me a while to get here. So I'm going to take a deep breath now and just hit "submit" since I think if I start going back and proofreading and editing I might decide to just delete the post, so take it for what it is...

Note: If someone could show me how to print a new calendar I'd appreciate it. Having it as a reminder next to my bed was a help and I'd love to do so again.

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Re: It's a new year, and it is time I started posting
Posted by cordnoy - 20 Oct 2014 14:37

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Hatzileini Na wrote**:**

Hey everyone,

I fell badly over the first days of Yom Tov and fell 3 days in a row, something I had not done in a very long time. (The few times I'd fallen in the previous year, I was always able to bounce back and move forward.)

I was sick pretty much the first days of Yom Tov and between not feeling well and not sleeping I got into trouble.

Over the last few I've been doing a lot of thinking and I feel like I may want to go speak to a professional. Feeling pretty down now, but I think that it's an important realization. Well beyond this issue (not that this is not important in it of itself) there are things I've been carrying for way too long, and I think that sorting those out may help all around...

sounds like a good move to me. [I should continue with my professional; haven't done so in some time.]

Keep us posted please.

b'hatzlachah

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 25 Oct 2014 01:20

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cordnoy wrote**:**

Hatzileini Na wrote**:**

Hey everyone,

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sounds like a good move to me. [I should continue with my professional; haven't done so in some time.]

Keep us posted please.

b'hatzlachah

It's hard to actually make that phone call, and it seems like I usually start doing ok when I decide I should go in that direction.

Getting back to a more normal schedule has helped and things have been going pretty well B"H.

Gut Shabbos to all.

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 09 Nov 2014 10:19

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gibbor120 wrote**:**

WELCOME! I have been reeeeeally busy lately and haven't posted much (and that may

). I just wanted to welcome you. It's hard for me to remember my first post, but I remember I was very nervous. It has definitely changed my life for the better (you can look at what my current post number is)!

continue until after sukkos

I have some good links in my signature. You say "as someone who has spent a lifetime trying to understand what makes me tick so that I can improve". Would you call yourself a perfectionist? I am, but I have learned to "let go" a lot and not stress out about things so much. If you answer "yes", you may want to check out Dr. Sortzkin's website (you may want to check it out regardless). It helped me a lot. I have a link in my signature.

Don't look back, keep posting. The chevra here is great!

I decided to go back and read through the posts in this thread for Chizuk. When I came your thread Gibbor120 again this time it caught my attention because I do think I struggle with perfectionism.

One of the challenges for me is that I have not found a way to remain vigilant in some areas while letter go of perfectionism in others. In the past when I have tried to "be easier on myself" I have found that I quickly spiral into negative behaviors and this seems to be the reality in so many areas of my life. I know the perfectionism is not healthy, but I'm just not sure how to safely relax it.

I've read a couple of the articles but did not see anything that particularly addressed this point. Do you know of one?

Thanks!

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Re: It's a new year, and it is time I started posting
Posted by gibbor120 - 10 Nov 2014 22:05

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You make a good point, and I have struggled with that question as well.

If you have read and/or listened to Dr. Sorotzkin, I'm not sure how much I can add. I will try anyway. One thing that helped me was to realize that I am not in control. I can do G-d's will to the best of my ability, and that's all.

A lot of perfectionism is based on feeling low. So, if I am perfect no one (including G-d) can have tainos on me. Then I get stressed because, hard as I try, I am not perfect, and I'm trying to escape the wrath of Hashem and people. So-and-so over there learns better than me. This one has more money. This one has is more popular, or has a nicer voice. The list is endless.

If I focus on serving G-d to the best of MY ability, with the talents that G-d gave ME, and let go of my stress. The more I realize that all I can do is try, and the outcome is in Hashem's hand, the less stress I feel.

I'll give a fictional example. I'd like to be on time to shul. So, I keep checking my watch, I want to leave at a certain time. Then one of the kids needs something, so I yell, because I'm uptight, because I HAVE to be on time. I mean the KING is waiting for me. I put tons of pressure on myself. The light is turning red so I plow through and almost hit a pedestrian and cause a chillul Hashem.

Instead, I can say. I was going to be on time, but one of my children, one of Hashems children needs something. What is the right decision right now? To take care of him. I am running late. It's ok. I can't control everything. The light turned red, and I will be even later. Again, there's nothing I can do. It's out of my control.

I hope I illustrated a certain mindset. When I change my mindset to do what Hashem wants right now, my stress level goes way down. When I think I have to make it to shul or Hashem will be angry with me, I'm not really serving Hashem. I'm worried about my own schar v'onesh.

Some of this is hard to convey in words. I hope it helps.

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 28 Nov 2014 03:51

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Gibbor

Thanks for the thoughts. I'm hoping one day I can "make sense" of the balance between striving from a positive place and striving from a negative place. I saw a study that distinguished between 2 types of ambition, I'll have to try and dig it up and see if this time around I can comprehend.

All that said, I'm trying to focus on doing the right thing. "Giving myself over to Hashem" as I understand it, when I'm having a hard time etc. B"H things seem to be going pretty ok. I realized I mostly post when things seem really down, so I figure Thanksgiving is a good time to post that B"H things are going ok. Thanks to everyone who has posted in the past and I appreciate anyone who takes the time to read and post going forward.

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Re: It's a new year, and it is time I started posting
Posted by cordnoy - 28 Nov 2014 04:23

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I know from myself that it's easier for me to make productive changes and initiatives when I am on a high.

b'hatzlachah

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 25 Dec 2014 04:43

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Wanted to stop by and post. B"H things have been going pretty well for me. Taking things a day at a time, but also trying to do what I need to, to move myself forward in a positive fashion. I

started speaking to a therapist and God-willing that will help. B"H I think I've been moving forward in many areas of life and just hope and pray it continues.

Thanks to all for the ongoing support. I hope to be more active here with other members as well providing Chizuk instead of just taking.

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 12 Jan 2015 01:12

Just passed 90 days, though not concerned that this will mean that the challenge will just

In fact, the last couple of days have been the hardest in the last few months.

I came hear to post in my thread, but jumped to a few other threads and read the struggles some others have been having and tried to offer some Chizuk and it seems like that has helped me get into a better frame of mind B"H.

The journey will continue on one day at a time Bez"H.

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Re: It's a new year, and it is time I started posting
Posted by belmont4175 - 12 Jan 2015 03:06
disappear

Mazel tov! Hetzileini, you have reached Tzadik days, may Hashem give you many years as a real Tzadik, day by day, Amen.

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Re: It's a new year, and it is time I started posting
Posted by dd - 12 Jan 2015 12:29

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MAZEL TOV HN!!!!

Your doing great.

KUTGW!!!

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 27 Jan 2015 22:47

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Slipped...

As I posted earlier in the thread, I often have trouble sleeping. A few nights ago I woke up in the middle of the night and couldn't sleep. Laying in bed unable to sleep for hours I ended up slipping.

On one hand I am comfortable with the idea that what happened happened and there's nothing I can do about that. (And I wasn't looking at anything inappropriate etc.) I've put a bit of thought into how to prevent this from occurring in the future and am in a good frame of mine.

At the same time I'm kind of bummed because I didn't want to "break the streak" even though I know that that's not what really matters.

It's really silly, but I actually stayed away from the site for quite a few days because I did not want to reset my number. So stupid, but whatever... onwards and upwards.

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Re: It's a new year, and it is time I started posting
Posted by cordnoy - 27 Jan 2015 23:12

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You are amongst friends - no matter what happens.

b'hatzlachah

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 27 Apr 2015 04:57

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It's been a while since I've posted, and it's been a really strange time for me.

Things had been extremely stressful for a while (coming from all directions) and I found myself gravitating to watching things I definitely should not have on my phone. As strange as it might sounds, my phone was never really a trigger for me. I had had a filter for a while but it was incredibly frustrating to use, so I got rid of it a while back, and was fine. Recently that seems to have changed. Somehow discovering there was a "private" option on the iPhone changed things.

Searching on this site I found the way to set strong limitations on the search function for the iPhone (using the child restrictions and the like) and while it has been a bit limiting in other areas, I know it is a small sacrifice for my sanity.

Meanwhile, somehow at the same time, I've been finding ways to break through positively in other areas. I've been doing more socializing, putting in efforts to have fun and find ways to de-stress, and overall I've been actually pretty happy with the growth in these areas over the last couple of months. It almost feels as if I am allowing myself to not be such a perfectionist, but to work to find joy in my life knowing that the more I can do so, and the more I can be engaged in positive things, the easier other struggles will become.

I'm really kind of confused as far as what to make of these seemingly contradictory happenings as I certainly don't want to be fooling myself and using these "changes" as a means to slip in other areas.

I've fallen quite a bit over the last little while, helped along by some very challenging circumstances (to me anyways) but B"H I feel like I can take this and grow from it.

Thanks to all who still take the time to stop and read and empathize.

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Re: It's a new year, and it is time I started posting
Posted by skeptical - 03 May 2015 11:24

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Welcome back to posting, don't be a stranger!

A couple of things that I've found helpful are:

1) Being happy, finding things to be happy about

2) Staying connected even during tough times

Hatzlacha!

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Re: It's a new year, and it is time I started posting
Posted by stillgoing - 03 May 2015 14:13

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skeptical

A couple of things that I've found helpful are:

1) Being happy, finding things to be happy about

2) Staying connected even during tough times

Ty skeptical. I have really found #2 to be very helpful to me. Because even though I seem to to GYE, since it is always on my mind, whenever I begin to start slipping, all of the guys here on the GYE forum pop into my mind, and I say "Gee, If so many guys are working so hard on this, can't I hold back this time." Since I'm (in skeptical words) *"Staying connected even during tough times"*, it always stays in my mind.

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have become addicted