

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 Hatzileini Na - 28 Jun 2015 05:52

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Trying to keep up posting with relative frequency to make sure I am engaged.

The last few days have been pretty difficult. It's been a tremendous struggle getting to sleep (and staying asleep) and I've been feeling sick for the last couple of weeks. Combine that with the regular day-to-day challenges and it's been pretty rough.

B"H it feels like the overall changes that have been a work in progress over the last years have been in a better place mentally, but I know that these issues have often been the backdrop for falling in the past. Bez"H going to redouble my efforts to make sure not to get anywhere close to triggers.

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Re: It's a new year, and it is time I started posting  
Posted by shlomo613 - 28 Jun 2015 19:23

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I feel for you man. It may be worth seeing a doctor about the sleeping difficulties. It could be because of something.

I wonder whether a mindfulness programme would work for you at this stage in your life. There's a brilliant book/scheme I've used that was bit-sized and practical and really did wonders for me. I can give you the name if you're interested. It's highly respected and the gold standard in the field.

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Re: It's a new year, and it is time I started posting  
Posted by Hatzileini Na - 28 Jun 2015 21:40

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[shlomo613 wrote:](#)

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Thanks for reading and responding (and caring.)

I've been to doctors and done sleep studies in the past. I've been prescribed all sorts of sleep medicine and nothing has helped. I do plan on trying to see a doctor again because it's been a few years, so who knows. The whole thing is so incredibly frustrating as so many days I'm exhausted, not feeling well etc. and it makes planning things and just accomplishing extremely difficult.

I've studied some mindfulness, read a number of books, tried hypnosis etc. and it's definitely had a positive impact on my life albeit not much help with sleeping, but I'd definitely be interested in hearing.

Thanks!

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Re: It's a new year, and it is time I started posting  
Posted by shlomo613 - 28 Jun 2015 22:23

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When I make my way to my book shelf I will look up the name again.

You know, when I suffered from sleeping problems aged 18 it eventually proved to be because of depression. Just thought I'd mention it. Is yours an age thing, like many people have in their fifties and sixties (sorry that I have no idea your age).

Another completely different thought: my masturbation time was invariably first thing in the morning. Now I wake up early on a mission to do hisboidedus. What's that got to do with you, you ask?

Well, I took that hole that was sucking in tumah and used it for the highest thing possible.

How about you use your wakefulness period slot for hisboidedus/cheshbon hanefesh/mindfulness/mental detox.

Maybe if you can't sleep, you're kind of being given a message that you're supposed to be doing something then.

I just did a calculation that my hour hisboidedus a day works out to 26 days holiday a year!

How so? Well I do a bit less than 365 hours of hisboidedus a year. If you say that we are awake for 16 hours a day, then  $365/16=26$ .

I actually feel that the hour a day is a holiday (but in truth not just that hour, because it lifts the whole day), a time out from this world, a time to centre myself and clarify what I really want, and ask for it, to examine where my blockages in my relationship with the Creator are. It is the best part of my day and it is a source of endless rewards and joy and closeness to the Creator.

Maybe you can try to do this in just a very small slice of the time you can't sleep? Like all good things you're unlikely to feel the joy immediately but if you persevere for about 7 times (15 minutes each) and ask Gd to give you a taste for the joy of it you're likely to feel something.

Begin with baby steps. Just 15 minutes. Just tell the Creator what's on your mind, what pains you, what you find impossible, and ask Him for help. Simple as that.

(You can extend it further than that, but that's essentially what it is, and certainly a great start.)

I've suggested this to a number of people who have trouble sleeping, nobody's taken it up, but maybe you will... Anyway, either way hatzlacha my friend with your sleep and energy and sobriety and sanity.

Shlomo

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Re: It's a new year, and it is time I started posting  
Posted by Hatzileini Na - 29 Jun 2015 03:50

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[shlomo613 wrote:](#)

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Shlomo

Thanks for the response. As far as my age, I'm "in Shidduchim" as they say. Not quite 50's or I'm in my 20's. I've always had trouble sleeping, I can recall since I was a young child.

I like your idea. I've had people tell me my whole life I should just learn then if I'm up. The problem is that I would completely exhausted (and sometimes get sick from exhaustion) and still not able to sleep at night! I've tried meditation and things like that at night, but recently moved away from that. I think I will try some Hisbodedus and see how it goes. I know talking to Hashem a little more can never hurt.

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Re: It's a new year, and it is time I started posting  
Posted by Hatzileini Na - 02 Jul 2015 05:11

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Been trying to stop by the site at least once a day for a "daily dose of Chizuk" and trying to spend some time reading others threads and empathizing. B"H it seems to be a help keeping me grounded and helping me out, especially as it's been a massive struggle to sleep.

I really appreciate the Chevra here!

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Re: It's a new year, and it is time I started posting  
Posted by gibbor120 - 02 Jul 2015 19:59

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Have you tried music to relax you?

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Re: It's a new year, and it is time I started posting  
Posted by Hatzileini Na - 03 Jul 2015 00:05

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[gibbor120 wrote:](#)

Have you tried music to relax you?

I often listen to music and also play guitar. I love it, and it definitely helps me relax, but even relaxed it doesn't help me sleep (it doesn't hurt when I'm stressed, but I my insomnia is equal opportunity and is there when I'm relaxed or stressed, happy or upset.)

Gotta keep trying though. Thanks!

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Re: It's a new year, and it is time I started posting  
Posted by Hatzileini Na - 07 Jul 2015 04:06

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Working to make sure that I continue to post, and to stay engaged. I know I have to be a more careful. It's the summer so while I'm blessed to be able to live and work in an area that can avoid much of the provocation that summer brings, it seems like pictures are all over the place.

Also still struggling with sleep. I've been lazy about it (since life gets so busy) but I think I really have to dedicate the time (and money potentially) to do more to see if I can find a solution to the sleeping.

I hope everyone is doing well!

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Re: It's a new year, and it is time I started posting  
Posted by Hatzileini Na - 13 Jul 2015 22:10

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Been thinking a little about this site and the journeys that people are on (including myself) and had something thoughts:

1) It is humbling to think about the effort that people put in to trying to regain control *before* they get started here. Stories of people getting rid of smart phones, Davening, fasting, going to the Mikveh etc. The amount of time, money and effort we have invested despite failure after failure is remarkable.

A few thoughts on this:

A) Knowing that this is the case is a powerful reminder never to judge anyone. I doubt most successful people ever tried nearly as hard as the "failures" who come here. How can one look down at a person who pours his heart out to Hakadosh Baruch Hu to help him overcome his struggles. How can one look down at someone who will fast, take on extra Sedorim, avoid certain people and places to avoid temptation.

We are here in the 3 weeks; a time when we mourn the Churban. For many, mourning the loss of the Beis Hamikdash is hard. But I think the people here maybe more than most can mourn for the loss of a world without the immodesty. A world lead by leaders who are Tzadikim. A world where our recognition of Hashem and our place and responsibility as the Am HaNivchar means that we stand tall and proud and live fulfilled lives where we do not feel the need to get a lust fix.

C) Following up on the previous idea, I don't know what it is Hashem is looking for to bring the Geulah, but in today's generation, when the world is pushing so hard towards constant



movement, instant pleasures etc. the community here, who engages in support for each other, in introspection, in working to develop self-control and take our lives back, or better, to give ourselves over to Hashem. I have to imagine He's looking down and smiling. This is a community whose membership card I may never announce to the world (although sometimes I wish I could since it seems like we all have to hide our struggles instead of going out and saying "it's ok to struggle; let's struggle together" ) but it's a place I am very proud to be a part of.

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Re: It's a new year, and it is time I started posting  
Posted by cordnoy - 13 Jul 2015 22:34

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I think about the money and time invested into failing again and again.

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Re: It's a new year, and it is time I started posting  
Posted by yiraishamaim - 14 Jul 2015 02:08

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Hatzileini Na -a masterful post that is so on the mark.

Here we see:

- a true mesiras nefesh to improve.
- great efforts put forth to help and support others.

so proud we are to be a part of, yet to advertise membership could cause needless grief.

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Re: It's a new year, and it is time I started posting  
Posted by yiraishamaim - 14 Jul 2015 02:13

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[quote="cordnoy" post=259369][Hatzileini Na wrote](#):

I think about the money and time invested into failing again and again.

cordnoy just the other day an old chosheve yid said: "we are in the business of effort,

Hashem is in the business of results"

My friend, you run a fine business

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Re: It's a new year, and it is time I started posting  
Posted by Hatzileini Na - 17 Jul 2015 04:11

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Stopping by, reading some of the posts from others and thinking back to times when I was in school and/or working in a large city and am very thankful I no longer do B"H. Really happy with the way things have been recently, despite still struggling with sleep. I know that yesterday's success does not mean there won't be a battle today, but working on continued growth and praying for Hashem to help all of us in our journeys.

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Re: It's a new year, and it is time I started posting  
Posted by Hatzileini Na - 23 Jul 2015 03:27

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It's amazing how things can change in a week. The last few days have been a big struggle. Sleep has been at a premium and work is extremely stressful. B"H stopping here on the site and reading through some of the posts from other people has helped me regain some of the focus, but I know I need to redouble my efforts to make sure I am not taking the first steps on those

tempting slippery slopes.

Hope everyone else is doing well...

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