

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

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 - 04 May 2015 03:41

[stillgoing wrote:](#)

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 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.

Both are important reminders. The first one particularly resonates with me, and is something I have been trying to work on actively. For much of my life I was resigned to being unhappy, feeling like there was nothing I could do. For me it was not so much the mental encouragement that I needed (I had read tons on reframing and on focusing on positives etc. and all it did for me was make me feel worse.) Recently I have been much more actively trying to find things to do that I enjoy, spend time with people whose company I enjoy etc. and it has definitely helped.

The second point is also key. I know when I am engaged with this with all the wonderful people here; when I know I am fighting a personal battle, but do so amongst an army of fighters, there is great Chizuk.

Thanks guys for the posts. I am definitely going to try to keep both points in mind.

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 05 May 2015 02:47

I heard a line from in a Shiur that was a powerful idea. I think it was from Rav Yeruchem, who said that the biggest Yetzer Hora is for a person to not think of themselves as important.

When a person thinks of themselves as significant, special and important, it gives them energy to do the things they have to do, and when they have to avoid things, they carry themselves with the mentality that "this is below me."

I swung by the mall today to pick up some things and the mall is obviously designed to catch

your attention (as is the way that most people dress nowadays outside the Frum community.)

Walking around with that idea, that I'm too important to let these things ensnare me made the whole experience pretty much a breeze not to fall.

I know that I won't always find it so easy, but it was a really empowering experience B"H.

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 26 May 2015 23:42

B"H Yom Tov, which is often a time of struggle, went by smoothly. Working on doing things I enjoy, avoiding stress, and (trying) to get enough sleep. Overall feeling better than I have in a really long time (ever?) and hope and pray that that is part of the healing process.

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 05 Jun 2015 03:27

but I'm ok with that as it means I should listen. Otherwise no one is listening and I wouldn't want that lol.

Been focusing on improving overall perspective and trying to find ways to enjoy myself, relax etc. Can't say some moments are not a struggle but B"H I think/hope/pray that I am moving forward a bit.
Going to post because I know it is good for me.

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Re: It's a new year, and it is time I started posting
Posted by stillgoing - 07 Jun 2015 16:28

I would tell you that many people are reading your thread, but then you might think that you

KOT

KIT (more often?)

SG

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don't need to listen yourself.

Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 09 Jun 2015 22:51

[stillgoing wrote:](#)

I would tell you that many people are reading your thread, but then you might think that you

KOT

KIT (more often?)

SG

I'm noticing there's abbreviations I still don't know. KIT? SG? Is that still going?

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Re: It's a new year, and it is time I started posting
Posted by gibbor120 - 10 Jun 2015 21:07

Keep In Touch

Still Going

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 12 Jun 2015 22:17

[gibbor120 wrote:](#)

Keep In Touch

Still Going

Thanks

B"H I am still going. Some days are easier than others, and I've met failure many times, but still

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Re: It's a new year, and it is time I started posting
Posted by cordnoy - 14 Jun 2015 20:58

[Hatzileini Na wrote:](#)

[gibbor120 wrote:](#)

Keep In Touch

Still Going

Thanks

B"H I am still going. Some days are easier than others, and I've met failure many times, but still

truckin' as some people here like to say.

Who might that be?

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Re: It's a new year, and it is time I started posting

Posted by Hatzileini Na - 16 Jun 2015 08:38

[cordnoy wrote:](#)

[Hatzileini Na wrote:](#)

[gibbor120 wrote:](#)

Keep In Touch

Still Going

Thanks

B"H I am still going. Some days are easier than others, and I've met failure many times, but still

Who might that be?

B"H things are going pretty well, though I'm a little concerned since I am really struggling with sleep these day (as evidenced by the fact I am on the computer at 4:35 AM after maybe 2 hours of sleep if that much.) Not sleeping is often a major indirect trigger because it impacts how I feel and pretty much everything else.

Bez"H the recognition of this, will help me be fine. I know it's "just being tired" and I've had that a million times before.

Well if no one has told you, I assume you aren't supposed to know
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Re: It's a new year, and it is time I started posting
Posted by serenity - 16 Jun 2015 11:27

We are all here with you chaver.

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 19 Jun 2015 09:17

[serenity wrote:](#)

We are all here with you chaver.

(This next part is not particularly directed at you Serenity, but I figured once posting...)
Thanks.

I had a difficult conversation with a young lady tonight (I believe in a previous post I've mentioned being in Shidduchim) and now having a lot of trouble sleeping, both issues that often took aim at my self-image. B"H it feels like with the years of work invested I am slowly, slowly learning to remove my self-image from the "table" to some degree (in that it is not something that is dependent on what others think or things out of my control like sleeping; and that there is inherent self-worth in being a Tzelem Elokim. Hopefully I can hold on to that with both hands.

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Re: It's a new year, and it is time I started posting
Posted by serenity - 19 Jun 2015 11:56

Thanks for sharing what you are experiencing. I think you will find many here can relate to low self-esteem and sleep issues.

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Re: It's a new year, and it is time I started posting
Posted by shlomo613 - 19 Jun 2015 15:30

Yes, as serenity said, many of us can relate to self esteem issues.

The dating process can be very tough on self esteem - and in my experience, it is easier to have self esteem after marriage.

I look at young people and see how insecure and uncomfortable in their own skins they are.

So hold with. It may help you to know that you will feel good about yourself and more comfortable with who you are with the passage of time.

Of course, sobriety and sanity and doing what you're supposed to, may be one of the biggest facilitators of self esteem.

You should find a zivug hagon beshaa tova umutzlachas.

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