

Milletry's Climb

Posted by milletry613 - 29 Dec 2014 23:09

Hi guys,

My old forum is on this link: guardyoureyes.com/forum/19-Introduce-Yourself/227843-Cant-break-free

I hate the name which I gave for it, it's so negative, and so not true!

If I would have made this forum last week then I would be incredibly amazed at myself because this time last week I was 150 days clean.

Unfortunately though, I took the first sip which eventually led to a fall.

Big shame. However I had a new revolutionary perspective with the help of Gaurd.

Gaurd replied to my email which said that I had fallen with:

Wow. You are doing super well. Hashem is very proud of you!

After the fact, we must look at the fall as what Hashem wanted to happen. Before the fall, it's all in our hands... Sounds funny, no? But that's what our holy sefarim say we must believe.

So now you must look at the fall as out of your hands completely. All you can deal with is the NOW.

Try and figure out what situation brought you to the fall. Set up better fences so it doesn't happen again. In this way, you will be uplifting the fall and turn it into a zechus!!

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I didn't get down that I had fallen because everything is part of Hashem's plan right?!

I wrote this to myself:

I don't even feel like I have 'fallen' I feel this is part of Hashems plan and I reacted correctly. I didn't go on a fall more times. I just decided to move on and work on the areas which caused me to fall.

Now that I know I could turn it into a zechus I feel like I could consider all this part of Hashem saying he wants more than me.

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However, I then fell again last night which did set me back a little.

After analysing the 2 falls it made me realise that I took the first sips thinking that after I take a first sip then I could control it afterwards. But no! The first sip made me go bonkers and eventually resulted in a fall.

So here I am, accepting that Hashem wants progress not perfection.

Accepting that I can't control the past, only now.

Ok, I have fallen down the rung of the ladder but my face is pointing upwards.

I am focusing on only worrying about what I can control which is NOW.

When an urge comes am I gonna act on it? No, I am gonna message my fellow GYEers. I am gonna take a deep breath. I am going to pray to Hashem! I am gonna remember that I don't

NEED lust. It promises great things but in truth only brings sadness.

To conclude, if I focus on stopping the urge at conception then this should be a step towards recovery.

Who cares about how many days clean I am? That's so unimportant, leave that to Hashem. Only thing I have to worry about is the NOW.

N - NO

O - Other

W - Way

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Re: Milletry's Climb

Posted by dms1234 - 29 Dec 2014 23:33

A few things....

milletry613

So here I am, accepting that Hashem wants progress not perfection.

Accepting that I can't control the past, only now.

Ok, I have fallen down the rung of the ladder but my face is pointing upwards.
Beautiful. Absolutely beautiful.

milletry613

I am focusing on only worrying about what I can control which is NOW.

I like it but don't worry, merely *concentrate* on NOW!

milletry613

I am gonna take a deep breath. I am going to pray to Hashem! I am gonna remember that I don't NEED lust. It promises great things but in truth only brings sadness. LOVE IT! Keep breathing, prayer, remembering, smiling!

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Re: Milletry's Climb
Posted by milletry613 - 31 Dec 2014 14:56

People with faith in Hashem wholeheartedly thank Hashem for their setbacks.

Hashem, Master of the World, beloved Father in Heaven, thank You for Your wonderful and personal intervention in my life. Thank You for showing me my shortcomings by letting me make a mistake. Thank You for arousing me to make a greater effort to get close to You. I wouldn't have experienced this effort if I hadn't experienced this setback.

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Re: Milletry's Climb
Posted by milletry613 - 09 Feb 2015 22:00

Hi everyone,

Baruch Hashem on the whole everything is going really well.

Life is amazing.

Just checking in.

One step at a time.

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Re: Milletry's Climb

Posted by trueme613 - 10 Feb 2015 03:49

I really found what you wrote encouraging..I have just started my own journey here and though I have fallen since as well this outlook has helped me move on and get better. Thanks for this post and keep us posted

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Re: Milletry's Climb

Posted by milletry613 - 10 Feb 2015 20:23

Can someone explain a detailed difference between Lust and Love please?

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Re: Milletry's Climb

Posted by Palti-Yossef - 10 Feb 2015 21:37

Sorry I'm not here to answer you question. Just here to say that your first post on this topic make me feel really close to HKB"H, I think I'll keep it in my favorite chizuk post and I'll read it kind of often ! Amazing how someone can be so strong after a fall, even stronger than before. Thank you !

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Re: Milletry's Climb

Posted by gibbor120 - 10 Feb 2015 22:16

[milletry613 wrote:](#)

Can someone explain a detailed difference between Lust and Love please?
check out the dov quotes. I think he has a post or 2 on it.

Basically love is giving, lust is taking. Love is selfless, lust is selfish.

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Re: Milletry's Climb
Posted by cordnoy - 10 Feb 2015 22:39

there is a post called lust vs. love or somethin' like that.

By the way, what's "lust"?

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Re: Milletry's Climb
Posted by milletry613 - 12 Feb 2015 15:40

Hi

Thank you for the replies

I'm in a boys school but some people mix with girls, others don't.

I moved from the crowd who do the crowd who don't.

Big transition over last few years and has really changed me as a person.

Really grown. Baruch Hashem.

These guys are much more shtark etc....

However, i recently found out that some of these so called "frum boys" text/mix with girls privately without people knowing. And they claim to be frum on the outside, but in truth, no so much on the inside.

My question is, what are the reasons for not mixing with girls?

Not necessarily to do with this addiction.

But in general as to why it is better not to?

I need to clarify and make truthful (mesilas yesharim:P) to myself that by staying strong and not mixing with girls is the right choice.

I do not mix with girls and am very happy about it. But there are sometimes when a things are not so clear. I don't know if I am explaining myself well?

I heard a Rabbi Wallerstien shiur on it which was amazing, but would like some other ideas please.

Thanks alot.

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Re: Milletry's Climb

Posted by gibbor120 - 12 Feb 2015 17:47

There is an issur of "lo sikrivu ligalos erva". Getting close to girls who are ervah to you is forbidden. There is a famous Rav Moshe teshuva where a boy asked if he can be friends with girls (without any negiah). I don't remember the details of the teshuva, but the answer was NO.

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Re: Milletry's Climb

Posted by milletry613 - 16 Feb 2015 13:34

Thank you for the reply.

Any more suggestions please?

p.s. All going well.

Especially with exam revision. It's all about staying calm. Progress, not Perfection!

So I have loads of work... what do I do?

Break it down into small steps and focus on the one step in front of me. That is the ONLY thing i can control. Everything else is in Hashems hand.

Just do what I can NOW and everything will turn out fine.

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Re: Milletry's Climb

Posted by cordnoy - 16 Feb 2015 14:01

[milletry613 wrote:](#)

It's all about staying calm.

I thought it was all about da bass, bout da bass, no treble.

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Re: Milletry's Climb

Posted by milletry613 - 29 Mar 2015 00:59

Hi guys,

Just to update.

Today is 90 days since that fall earlier in this forum.

Been absolutely brilliant Baruch Hashem!!

I have so much Hakaras Hatov for everything GYE does.

I am a different person. My life has changed immensely.

Everyday in my mind is one fresh new start- the past is in Hashems hands and He wanted it for the good.

The main mindsets that have got me here is that I have firmly realised that I am allergic to lust and that going anywhere near lust is way too much.

Also, I have got to the realisation that I can only control my next move in life. Never look at the whole mountain - just the next step.

I wish everyone an incredible Pesach!

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Re: Milletry's Climb

Posted by milletry613 - 29 Mar 2015 08:37

African hunters have a clever way of trapping monkeys.

They slice a coconut in two, hollow it out, and in one half of the shell cut a hole just big enough for a monkey's hand to pass through. Then they place an orange in the other coconut half before fastening together the two halves of the coconut shell. Finally, they secure the coconut to a tree with a rope, retreat into the jungle, and wait.

Sooner or later, an unsuspecting monkey swings by, smells the delicious orange, and discovers its location inside the coconut. The monkey then slips his hand through the small hole, grasps the orange, and tries to pull it through the hole. Of course, the orange won't come out; it's too big for the hole. To no avail the persistent monkey continues to pull and pull, never realizing the danger he is in.

While the monkey struggles with the orange, the hunters simply stroll in and capture the monkey by throwing a net over him. As long as the monkey keeps his fist wrapped around the orange, the monkey is trapped.

It's too bad the poor monkey could save its own life if it would only let go of the orange. It rarely occurs to a monkey, however, that it can't have both the orange and its freedom. That delicious orange becomes a deadly trap.

I realized that the difference between humans and animals does not lie in the fact that animals have such strong instincts; humans have some of the same types of instincts. The difference is our ability to let go of the "orange". Every person has their own "orange", and it's our job to recognize it for the trap that it is and 'let go'.

I wholeheartedly admit that my 'Orange' is anything to do with Lust.

Letting go of this 'Need' to Lust has been the most important decision in my life.

You see because people think that they 'need' to look at or be with girls all the time. But really this is just a cover up for needing to connect to something real. This connection is blown up by

the lust to make you think that nothing else in your life is important.

Therefore, to 'free yourself' from this misconception the first step is to understand this important message.

"I DO NOT NEED LUST".

We can only live life once we internalise this.

In life, we always have 2 paths to take:

There's the short-long path and the long-short path...

The short long path is that of pleasures and lusting... It seems the short and easy way to happiness, but ends up being the long path to nowhere...

We need to choose long-short path. The path is hard at first - but it ends up being the short path in the end to happiness and fulfilment.

Keep on the path you are on,

Milletry.

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