

Freedom

Posted by yiraishamaim - 03 Feb 2015 05:17

I have just finished the 90 day journey!

Having struggled with this challenge for 15 years on and off I am well aware that it is a lifetime battle. I know I need to avail myself of more of that which GYE has to offer. I just want to take the opportunity to thank the organization for all it does for me and countless others. I feel that I am moving steadily in the right direction with others who are striving for a healthy moral and meaningful life. Thank you! Thank you!

" I have been transformed from a hungry frightened insecure animal to a very cautious proud free man"

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Re: Freedom

Posted by belmont4175 - 03 Feb 2015 05:57

Mazel Tov

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Re: Freedom

Posted by gibbor120 - 03 Feb 2015 17:04

Mazal Tov! 90 days is not the end, it's just a beginning. KOP, KOT, and KIT! (keep on posting, keep on truckin, and keep in touch)

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Re: Freedom

Posted by newaction - 04 Feb 2015 16:25

Mazel tov for Yirais, Hatzlacha in your journey.

Gibbor 120 thanks for deciphering all the "keeps" . maybe in short we can make it into

KKK (not the known Klan C"V) . Love to all !

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Re: Freedom
Posted by gyeadmin - 04 Feb 2015 17:43

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Re: Freedom
Posted by yiraishamaim - 04 Feb 2015 18:48

Thanks for the chizuk, I am enjoying the chit chat and wealth of info on the GYE network.

Ben-Moshe was certainly talking to me in today's automatic e-mail. I am learning that

staying away from actual porn is not enough for a # of reasons. I find not gazing at women

on the street even for a moment- challenging at times. I know I will get there.

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Re: Freedom
Posted by yiraishamaim - 05 Feb 2015 18:31

So I read the e-mails sent to my address. I am learning more. I sincerely try to watch my eyes all the time. Now with me the challenge was always a lot of porn, phone sex, never strip joints or prostitution or meeting other women(I am married). this way has been on and off for close to 15 years. I would act out and then

go for a few weeks clean. I have 92 days clean and feel strong. However, I am well aware this is a false sense of security.

What should I add to my routine? PLEASE ADVISE!

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Re: Freedom

Posted by GYEmember - 05 Feb 2015 19:35

One thing I find helpful is to avoid locking horns in battle with the Yetzer Hara.

I try to "simply walk" past the urge in my mind instead of confronting it.

Remember that there is a much greater purpose in life. This is: serving G-d properly, which includes all matters of spirituality AND satisfying oneself with the correct amounts and avenues of physicality.

Remember that you really do want to connect in the most deep way with your wife, something which viewing pornography seems to put a damper on (but this is coming from me-a bachur-so I only know from what I read and can understand).

Don't get nervous. If you get nervous, don't try to fight the nervousness, just give up the ta'avah to G-d.

I hope my thoughts are helpful.

Just always remember, you have made so much progress, you have no reason to doubt yourself.

We will meet after 120 and the light you will shine will be so bright. I mean, after 15 years(!) you are still fighting! How did you not give up? Clearly there is a greater force here- G-d -keeping us all going.

G-d has a reason why he gives us this hardship, we don't know what it is. All we know is that we grow from the struggles and that He rewards us for it.

We will all succeed with His help!

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Re: Freedom
Posted by yiraishamaim - 05 Feb 2015 21:46

Thank you. I appreciate your advice. 120 is on the way and I am looking forward to celebrating the milestone. May G-d continue to help us all.

If anyone has anything to add to help me I would appreciate the chizuk

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Re: Freedom
Posted by GYEmember - 06 Feb 2015 05:10

When I said 120, I meant 120 years- just to be clear. I meant that eternally you will be receiving heaps of reward for your struggles.

I was thinking about your topic today, and I thought of a few things.

First of all, I have always viewed the 90 day chart as having reached a goal. However, this just makes it harder to move on. The most important thing is to just keep moving.

Accomplishing 90 days is truly an achievement, but then, move on. Be productive, keep the boundaries you need, and feel, "I am past this". Don't think, however, that boundaries do not have to be kept-because they do-for life. Be ready to accept that you are willing to move away from this completely.

I wish you tremendous hatzlacha.

P.S. If anything in this post does not make sense to you please disregard it. I can't claim to have too much experience in these forums yet. I'm just sharing my thoughts and speculations and trying so hard to help my fellow brothers.

Hatzlacha to us all!

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Re: Freedom
Posted by Shmeichel - 06 Feb 2015 16:00

90 days is a fact that you can build on it

it shows that you actually can achieve

so build on that foundation

one day at a time

bhatzlocho

shmeichel

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Re: Freedom

Posted by serenity - 06 Feb 2015 18:37

Congratulations! Hatzlacha on your continued journey!

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Re: Freedom

Posted by yiraishamaim - 08 Feb 2015 14:24

Thank you gentlemen!

Your support helps keep me going. I find I have new found *soul brothers* to give support to and receive in kind. True sincere friendship. True selfless caring. That in itself is priceless.

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Re: Freedom

Posted by cordnoy - 08 Feb 2015 15:08

KOT!

Focus on today.

b'hatzlachah

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Re: Freedom

Posted by yiraishamaim - 13 Feb 2015 01:53

I have now 100 days! Is there a milestone that GYE recognizes after 90 days? Should I even

care?

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