

Climbing out of the deep abyss

Posted by Drew - 18 Feb 2015 00:24

Hi everyone,

I've been on GYE for about a month now. My best record was about two weeks, and after that it started to spiral down. I keep making loopholes for myself to watch inappropriate pictures or p***. It says that Hashem dwells with the lowest sinner if he is honest with what he has done, and sincerely wants to teshuvah. I must come to internally realize that without Hashem those two weeks would've been impossible and any second that I am clean is only because of his help. It's as if I'm a blind man searching for the door that leads out of the room, but every time my hand finds the knob, it disappears and I fall over only to continue looking for the door. The struggle is comparable to a person attempting to climb out of an abyss. He uses the footholds to push himself higher and higher. But sometimes those footholds break, and he must start from the very bottom again. As long as I reach the surface I don't care how many times I've fallen, because people only remember the end result. I'm almost 20 years old. I had hoped that before my twentieth birthday I would be free of this vicious disease, but now I'm not so sure. The struggle has been going for six years, but I've only realized the damage done this year. I read the daily emails, installed filters, but perhaps my mindset is wrong here, not the precautions. I hope to one day with Hashem's help to look back at this period in my life as a horrible nightmare, horrible when you're in it, but when you wake up you're relieved to find out it's in the past. With Hashem's help this too will pass. I look forward to being more active in this wonderful community. Sincerely, Drew

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Re: Climbing out of the deep abyss

Posted by serenity - 03 Mar 2015 03:19

Great to hear your enthusiasm! One day at a time!

Hatzlacha!

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Re: Climbing out of the deep abyss

Posted by Drew - 03 Mar 2015 21:32

So last night I really felt the Y"H putting the pressure on me. It really felt like I was boxing with

someone and I had to keep putting pressure on my opponent or I'll fall down. It made me realize that expecially in this matter, we have to be active and constantly participate in removing this disease from our body and mind. Thankfully I decided to go to sleep before the lust became too strong, and Baruch Hashem, it worked. Tomorrow will be my birthday. I'm really happy that with Hashem's help, hopefully I'll be able to celebrate my birthday while being two weeks clean. Once we realize how much potential and control we have, we become unstoppable. What strategies do you guys use when you're suddenly overcome with lust? I'd love to have more tips. Sleeping seems to have worked but that's not the most practical one. We have to remember that with each passing day, with only Hashem's help, we are slowly cutting away at the root of the disease. However, we can never fully cut it out, so we must don our armor daily for protection, and for a better life. I hope you all have a wonderful Purim and keep and fighting and never forget that we only have to cry out to Hashem, and he will take the poison from us.

Sincerely, Drew

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Re: Climbing out of the deep abyss
Posted by gibbor120 - 03 Mar 2015 22:37

For the most part, stay busy with positive stuff and stay out of the ring with the Y"H. One the fight starts - it's hard to win. Make gedarim.

Have a Happy Purim.

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Re: Climbing out of the deep abyss
Posted by Drew - 04 Mar 2015 01:18

Forgive my rudeness, but what are gedarim?

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Re: Climbing out of the deep abyss
Posted by cordnoy - 04 Mar 2015 01:54

fences.

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Re: Climbing out of the deep abyss
Posted by serenity - 04 Mar 2015 03:17

Pray

Call people

Breathing meditation

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Re: Climbing out of the deep abyss
Posted by Drew - 04 Mar 2015 05:12

Fences, huh? Let's see what I have so far. Most of the time when I use the internet, it's for work or something Torah related. Hmmm.... I guess I don't really have that many fences. While I do call people and obviously pray, the meditation one seems interesting. Do you do this yourself serenity? If you do, how do you go about it? Maybe I'll just sit down and make myself more fences. I'm still curious what people do with the extra time, so I'm open to suggestions for new hobbies. May Hashem continue to help take away the lust each day, so that I can live a life of

Sincerely, Drew

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Re: Climbing out of the deep abyss
Posted by yiraishamaim - 04 Mar 2015 05:42

Happy Birthday

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Re: Climbing out of the deep abyss
Posted by fighter26 - 04 Mar 2015 07:36

hey drew welcome and happy birthday

you mentioned a hobby its really cool to find something else in life to have that keeps you busy. instruments are great cause they give you the ability to get all the emotion out. it really helps if your an emotional guy. listen im still knew so i dont know if im right but for me my hobby wasnt about finding something to do for a few min a day so ill be busy. it was about making my life more fun fulfilling or more fun etc. i know hobby dont necesarily do that but what i found is that when im involved in lust im consumed by the guilt and im always afraid about the next time i wasnt able to function and do what i wanted in life. MY LIFE WASNT GOING WERE I WANTED IT TO. i couldnt just sit and do something awesome like a hobby serenly. after being on here i realized the major role my lust was playing in my life so i decided to do what i wanted to do and do with my life what i wanted without fear or guilt thats were hobbys helped i realixed im doing something that i always wanted to do somehow for me that was much deeper and it helped me a lot more . it also it makes you much more relaxed. thats just my opinion i dont really know what im talking about. i wish you much hatzlocha im totally blown away when you said you went to sleep love you man really your an inspiration take care keep on trucking and again a really happy birthday

p.s.if its your hebrew birthday its a great time for tefillah

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Re: Climbing out of the deep abyss
Posted by cordnoy - 04 Mar 2015 13:14

[Drew wrote:](#)

I'm still curious what people do with the extra time, so I'm open to suggestions for new hobbies.

When I find it (the extra time), I'll let you know.

b'hatzlachah

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Re: Climbing out of the deep abyss
Posted by SIB101854 - 04 Mar 2015 14:25

Gedarim are boundaries, mental, psychological and physical that you impose upon yourself so that you won't be mentally or psychologically triggered to do down the two rabbit holes of porn and masturbation. You can set up a variety of boundaries that can help you from when you get up to go to sleep.

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Re: Climbing out of the deep abyss
Posted by SIB101854 - 04 Mar 2015 14:26

Many of us have weight problems-try working out at least one night a week and walking as much as possible.

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Re: Climbing out of the deep abyss
Posted by serenity - 04 Mar 2015 15:49

My breathing meditation is pretty simple. I just breath in through my nose and out through my mouth and focus on my breath.

Here is some stuff:

Give kids that are in a rehab rides to AA meetings

Brought a AA meeting to a Rehab

Go to a lot of meetings

Do step work

Workout regularly

Do a lot of stuff for my family (rides, cooking, errands, this that)

Spend time here

Started a new 12 step meeting

Journal

Sleep

Volunteer at soup kitchen and a kids meal program

Hike

Swim

Meet up with program people for lunch or coffee

I did an 8 week mindfulness based meditation group

Go to museum

Go to recovery retreats from time to time

I like to ski, but haven't in awhile

summer, i take long bike rides

I like to fish, but haven't much past couple years

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Re: Climbing out of the deep abyss

Posted by gibbor120 - 04 Mar 2015 19:10

[cordnoy wrote:](#)

[Drew wrote:](#)

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I think your hobby is being busy