

Trying to avoid rock bottom

Posted by bezrasH - 22 Jun 2015 16:53

Hey Everyone,

Just wanted to share my story and see if anyone had advice for me....

I'm married with 2 kids and have been addicted to lust since about 8th grade. I've always been able to keep it from ppl and everyone thinks im a normal guy with no issues. I have many friends, a great wife and amazing kids BH, but I cannot break free of this addiction.

Beginning around 8th grade, I started m*****ing, looking at p***, and my home growing up had a computer and TV that were private enough that it was so easy. I became more frum after high school when I went to learn in Israel, I live in yeshivish community now with no TV, filtered internet, but one major problem is my computer at work (which I bring home for the weekends too). Even the fact that at my job they can technically check what I've been looking at has not been a deterrent. I am always looking at every girl on the street, I still fantasize about relationships I had in high school that I can't get out of my head. Im trying this 90 day plan and I've been clean 12 days BH so that's been a start. But I've done things like this on my own before and even if it lasted a few months it always ended badly. Hoping that if I can be part of a group, it will help be mechazeik me.....

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Re: Trying to avoid rock bottom

Posted by bezrasH - 24 Jun 2015 20:45

Of course ideally we can avoid those situations entirely.... this has just been helpful for me as I know there is no way for me to get to work, for example, without seeing tons of pritzus on the way. We should still be trying our best to avoid and davening that we aren't confronted with the nisayon to begin with.

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Re: Trying to avoid rock bottom

Posted by abd297 - 24 Jun 2015 21:08

Welcome aboard bezrasH. I'm also new here and have already gotten a warm welcome and good advice just in the 2 days I'm here! I know exactly how you grew up and am in a very similar situation. I even told myself the same things you have for years. I'm a little younger than you but can totally relate. Just keep posting and reading and you will gain a lot of support and

advice. We are together in this. Keep it up!

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Re: Trying to avoid rock bottom
Posted by bezrasH - 24 Jun 2015 21:24

Thanks and welcome to you too!

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Re: Trying to avoid rock bottom
Posted by cordnoy - 25 Jun 2015 00:31

You must be doing something right if ae posted on your thread, and a hell of a post it was. ..true odaat....for six years!

Bhatzlachah to all

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Re: Trying to avoid rock bottom
Posted by bezrasH - 28 Jun 2015 03:59

One nisayon at a time.

One day at a time.

That's how life is lived.

That's how sobriety is achieved.

Just for today.

Thanks R' AlexEliezer - your words ("and success") are a tremendous chizzuk!

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Re: Trying to avoid rock bottom
Posted by bezrasH - 28 Jun 2015 04:13

AlexEliezer - thanks so much for this post. incredible chizuk and much appreciated. Your success is inspiring!

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Re: Trying to avoid rock bottom
Posted by dd - 28 Jun 2015 08:29

Welcome bezrasH!!!

Your in the right place and doing the right thing b"h. Its all about staying in the all game and of course one day at a time.

Your a inspiration to all so Keep On Monster Trucking KOMT!!!

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Re: Trying to avoid rock bottom
Posted by bezrasH - 29 Jun 2015 19:23

Okay so..... whats considered having a "fall" in this 90 day count? Lets just say I've had a rough start to my slow day at work and have looked at some things I shouldn't have.... should I be starting over? Or keep going with the count as long as I don't act on it.... I'm assuming I've failed already? any thoughts?

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Re: Trying to avoid rock bottom

Posted by abd297 - 29 Jun 2015 19:32

Check out the rules for what constitutes a slip or a fall. It doesn't cover everything but it's a good basis. It should be under the 90 day chart page.

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Re: Trying to avoid rock bottom

Posted by godhelp - 29 Jun 2015 20:29

Late Welcome but welcome

You made a great choice by joining this unbelievable community.

Stick around and you will learn what works for you and how to overcome your lust one step at a time one tip at a time.

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Re: Trying to avoid rock bottom

Posted by cordnoy - 30 Jun 2015 00:28

[bezrasH wrote:](#)

Okay so..... whats considered having a "fall" in this 90 day count? Lets just say I've had a rough start to my slow day at work and have looked at some things I shouldn't have.... should I be starting over? Or keep going with the count as long as I don't act on it.... I'm assuming I've failed already? any thoughts?

Keep Goin'

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Re: Trying to avoid rock bottom
Posted by bezrasH - 30 Jun 2015 16:48

Instead of making excuses for myself, I admitted it was a fall and Im starting again. The good news is, when I fall, it usually takes me days to get out of it, because I tell myself, I already fell, whats the use. But BH this morning I had an incredible test for a couple of hours with my computer, and I passed! Not gonna let this fall get me down.....

Thanks for everyone's encouragement. I'll get there bezras Hashem!

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Re: Trying to avoid rock bottom
Posted by godhelp - 30 Jun 2015 18:05

Really Glad you got up really fast

My experience is after a fall comes after shocks hold on really tight and be ready.

When you leave you house say a short prayer, it might help.

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Re: Trying to avoid rock bottom
Posted by AlexEliezer - 01 Jul 2015 18:52

Rock on bro!

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