

New here

Posted by Magnolia - 28 Jun 2016 18:48

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After leaving yeshiva, in 2004, I suffered many yeridos Nora'os- I realize now that the yeshiva protected me somewhat, but I was totally unprepared for the challenges of life outside of yeshuva. Since leaving yeshiva, i also suffered parallel, in olam hazeh. I paid for it dearly. I struggled in shalom bayis, professionally, and in many other aspects of my life. I wonder if this was the reason why.

About a year and a half ago I became marginally more observant, particularly since rosh hashanah of this year. I also saw success professionally and in shalom bayis, but I was lacking the inner flame to be and didn't care about growing as a yid. over the last 6 weeks or so, I have seen a tremendous growth in myself as a yid. I have the fire. I lost a lot of time, but I am motivated to repair what I can, and live a torah centric life as a yid.

B"H, I prepared hard for lag Baomer and prepared for Shavous. I went 18 days, free of this aveirah. A few weeks ago, a tremendous urge overcame me. And I've been trying to recover, it is a struggle. Hashem guided me, in doing 18 days, I believe, to show me what I'm capable of doing, but now, I must work for it.

I see myself growing. I'm very proud. However, This one area though I have come to realize will stop my growth and will kill my neshama, and bring me back to be'er shachas- Today, I thought to myself... How do I get the strength to be misgaber, and hashem guided me to this website. I hope that together we can be mechazek each other in this important inyan.

I am at day 4, and my first test was today. Weekends are not particularly hard for me - yesterday, Monday, was no challenge. But today there was a challenge. I believe today's urge has subsided. I fear for the future but I am hopeful that now that I'm part of this group that the strength of this tzibbur can help me to help myself.

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Re: New here

Posted by Markz - 07 Oct 2016 12:41

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[Magnolia wrote on 07 Oct 2016 03:26:](#)

Friends,

After spending the last 10 years never having gone without p and mzl for more than a few days at a time. This summer i worked hard to kick this habit.

I've been clean for 73 days and counting. I'm excited to pass the 90 day finish line. After I got through a month, it pretty much just flowed for me. I don't trust myself and know it's a lifelong struggle. But I feel well equipped to handle it. Hashem has guided me in this process and I have tremendous hakarras hatov.

Below are a few points that may be helpful for the olam.

i started learning Sefer zos brisi (Hebrew version) regularly - it is amazing - great stuff in there - one point that spoke to me was the quote that pgimas habris causes aniyus, (it can change a mazel of ashirus to aniyus) and vice Versa shmiras habris can even change a person's mazel towards ashirus.

I feel that learning it regularly keeps me continually strengthened about how bad mzl is. And certainly how bad porn is.

Another thing I read was about the fact that zerah is meant to go into a beis kibbul. That is the mitzius of it. I found that interesting.

i learned more Torah. Gemara with ameilus. It helped me be misgaber.

i avoided going into the city. I haven't been to Manhattan for 6 Months. I don't go on trains buses etc.

i pretty much avoided reading any news. Listening to any radio and watching any movies etc

i davened for it

i donated monthly to GYE (I figured it is a helpful site to the olam, and also, I reasoned that most don't have the funds to donate and probably there is a lot of stigma attached to the site- wives wouldn't understand unless they caught their husband. So a wife mah be against making a donation. I believe people should donate at least something minimal- even \$10 a month or whatever. It offers good resources. Ir give something annually. It is a unique tzedekah and must have a high overhead.

surprisingly, pas besalo didn't help me. I'm b"h at the stage where I don't need it. Whether it is yemei niddah or not. I'm ok. of course when it happens, it's great. But it's not a need, such as food. This is something I read from markz early on. It's a deep idea.

I kept myself busy and I avoided ribui gashmius.

Great going brother

Many things you mentioned are in the handbook

KEEP ON TRUCKING with 1 hand on the book!

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