getting there after to many lost years
Posted by getthere - 27 Apr 2017 09:20

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I've been looking at GYE for a while and decided its time to join and see if i can also get there with a calm and relaxed feeling.

My story in short:

I have had a problem with watching Videos and MZL for about 25 years. I used to be MZL minimum once a day to relief me of stress and therefor being able to fall asleep, i used to watch videos when i was and was in desparate need of some good company - or so it thought then. This was all good, albeit feeling down after doing it, until my wife checked my phone, at first i denied everything but then she saw it again and i decided NO Choice you just have to own up. this happened about 11/2 years ago. Since then the Sholoim Bayis was rocky at times and at other times it was stormy - hurricane like. For the past half year or so things are B.H. calming down and she is now accepting of who i am today. The problem is i have my falls every now and then and i am MZL. I know its an aveire but this did not stop me for many years why should it stop me now. In Yeshiva the Mashgiach even once saw what i was doing but he just pulled out a Shulchan Aruch and that was the end of him talking to me.

I hope by joining GYE i will be able to free myself totally from this.

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Re: getting there after to many lost years
Posted by getthere - 24 May 2017 10:00

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Had some down days, where i just could not be bothered for Shmiras Enayim, but it did not feel good which made it even worse. TODAY i decided to ask God once again for help and decided to cut the day to 24 pieces or even smaller, and take one piece at the time. Until now it worked.

I also spoke recently to a real Life person which i know who also had this problem - felt really good about it.

So the concept for today is one step at the time - this i can do.

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Re: getting there after to many lost years
Posted by yiraishamaim - 24 May 2017 10:49

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getthere wrote on 03 May 2017 09:54**:**

i feel like you tubing now, instead i went on the forum to read some stuff which keeps my mind off youtube.

Thank you GYE for being here for us.

"getthere" - It appears that when you fill your time with good positive things its of great value to you. It's an old mussar idea that when the cup is full nothing else goes in.

What other topics catch your attention. Sports, hobbies, collections...

Obviously, Torah ideas that you may be interested in would be best.

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Re: getting there after to many lost years
Posted by Hashem Help Me - 24 May 2017 12:01
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Keep up the great attitude. Its guys like you that truly "get there". Hatzlocha.

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Re: getting there after to many lost years
Posted by getthere - 24 May 2017 12:01
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Thank you for your reply

Torah does interest me alot, but i need to find another hobby that interest m, maybe ill start with an instrument.

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Re: getting there after to many lost years

Posted by yiraishamaim - 24 May 2017 14:22

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new instrument? sure.

However, may I suggest you keep some interests handy that are easy and simple so there is less of a reason to deter you from doing them.

Remember, the goal is not to lust but to be involved with this instead.

You don't want a lazy hurdle to stop you.

example: start a 5 minute seder just reviewing your favorite gemarah, mishnayos, chumash. it will clean up your mind a tad, give you great chizuk and since its a favorite of yours it won't be all that challenging. It may even lead you to learn more/deeper

?At the same time you are correct that a challenge like a new exercise program or new instrument if you are really MOTIVATED would be awesome.

just my 2 cents

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Re: getting there after to many lost years
Posted by getthere - 24 May 2017 15:24

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for 2 cents i'll take some more ideas. Spent money for things worth less

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Re: getting there after to many lost years
Posted by Trouble - 24 May 2017 22:53

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Money is the root of all evil!

Money buys girls, cars and weed.

Nothing good will come out of that.

Rather, give it to GYE.

Use the method listed # 1 on the tools.

Take an oath that you will not look at any uncovered skin.

If you do and you did not speak to Dov or read his Dov quotes or listen To Rabbi Sorotzkin (or his Rebbitzen) on what he/she says about "The times of 'hear no evil, see no evil,'" then you must give 250 lirot or whatever the hell coinage you are using in that country of yours directly to GYE.

Actually, give them your cc, and have them take monthly installments.

Maybe then, someone here will be cured.

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Re: getting there after to many lost years
Posted by GrowStrong - 25 May 2017 06:25

Trouble wrote on 24 May 2017 22:53**:**

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Actually, give them your cc, and have them take monthly installments.

Maybe then, someone here will be cured.

I am going to wait for the new site to be finished.

They will need our donations much more!

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Re: getting there after to many lost years
Posted by getthere - 30 May 2017 09:30

Trouble wrote on 24 May 2017 22:53**:**

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Actually, give them your cc, and have them take monthly installments.

Maybe then, someone here will be cured.

I don't know if that is possible to take an oath you almost certainly will break. Not to look at any uncovered skin - even a first look? That is very hard, but life does not always have to be easy.

I'll think about it.

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Re: getting there after to many lost years
Posted by getthere - 30 May 2017 09:37

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Its time for an update.

Today i am B.H. doing good. I am only thinking of Today and took on myself not to take a second look (thank you GrowStrong) and try not even to take a first one. Many times it worked sometimes not - but i am on the right direction. Even when looking quickly diverted my thoughts to the last Gemore i learned, which also worked pretty well. Hope to get my eyes cleaned up a bit before Kabolas Hatoire.

Still on a good streak on the 90 day Chart. Have some friends i talk to now and learning alot from them and i think also vice versa.

Have a good Yom tov everyone

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Re: getting there after to many lost years
Posted by Hashem Help Me - 30 May 2017 11:30

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getthere wrote on 30 May 2017 09:37**:**

Its time for an update.

Today i am B.H. doing good. I am only thinking of Today and took on myself not to take a second look (thank you GrowStrong) and try not even to take a first one. Many times it worked sometimes not - but i am on the right direction. Even when looking quickly diverted my thoughts to the last Gemore i learned, which also worked pretty well. Hope to get my eyes cleaned up a bit before Kabolas Hatoire.

Still on a good streak on the 90 day Chart. Have some friends i talk to now and learning alot from them and i think also vice versa.

Have a good Yom tov everyone

Super news. Keep it up. Hatzlocha.

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Re: getting there after to many lost years
Posted by getthere - 09 Jun 2017 10:06

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Time flies far to quick. Before my last update of days i thought i am by about 35 and suddenly i see 47. The going is good with the struggles, no MZL and no movies for along time and it feels great.

I am coming to the realization again and again this can ONLY work if you really want it for yourself, you can start when someone else forces you but then with time YOU have to want yourself otherwise you will keep on falling and falling. I see it myself when i am under pressure to be extra careful for example when i am with my wife then it does not come out good - it gives my wife the feeling of being forced, but when i am more relaxed and not under constant pressure not to look, then i can say to myself easier, ' What do you gain from looking besides a bad feeling etc.'

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Re: getting there after to many lost years
Posted by getthere - 09 Jun 2017 10:08

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I also keep in mind the advantages vs the disadvantages of looking or doing any other Aveire for that matter.

Feeling bad

Shame

No hope

etc.

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Re: getting there after to many lost years
Posted by Hashem Help Me - 09 Jun 2017 16:38

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Keep up the good work. Be proud of yourself.

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Re: getting there after to many lost years
Posted by getthere - 16 Jun 2017 10:36

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Feeling very good today and in general the past few days. B.H. managed to keep my eyes under control where they look to and managed to concentrate more on the important things in life again. Started listening to Shiurim on Shmiras Enayim from this Website - gives me great Chizuk.

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