

First time posting about myself

Posted by taherlibeinu - 01 Sep 2021 12:10

Hi Everyone,

Firstly I just want to echo much of what has been said. This is a tremendous site. Tremendous Yashar Koach to those who founded it.

I just want to share my story. I hope it will help people as well as myself. I am in my 30's with BH an incredibly loving family... but my story begins way before then..

I grew up back in the late 90's/0's in what can probably be defined as a modern orthodox home. Back then the internet was just coming to the forefront. There wasn't such a thing as a filter on both TV or computer (not that it is an excuse!) download speeds were about 3KB! Unfortunately there was still pornography.. I quickly became completely hooked acting out most days. In fact throughout my teenagehood i don't think once i went from Shabbos to Shabbos without slipping up. Somehow at the same time i grew in Yiddishkeit, I had this tremendous thirst for learning Torah and closeness to the Ribono Shel Olam, i went through incredible highs of learning and focusing on Limud Hatorah and then a fall.. a cycle which am sure you are familiar with.

Like you all i didn't want to let anyone know about it so i suffered in silence. Throughout Yeshiva (which i did much better - went nearly 2 months at one point with no fall) and then after.. I went through a lot in my early 20's but my addiction was always with me.. In Yeshiva i met with a Rabbi/Phycologist and discussed this issue but it didn't really help.

As i have grown up I realise how this is so much a part of me but at the same time not. I am able at sometimes to go long periods without acting out and then all of a sudden i fall.. as an addict - and yes that is exactly what i am - i know that the only way i have a chance is to completely limit my access to such material. I don't have a smart phone and my laptop has webchaver installed which my wife gets emails for. It took me so long to get this installed but it is amazing to know that someone is looking at what i look at and it really helps stop the urge. Yet somehow there seems to always be a way for me to fall.. for example yesterday i came across my wifes old Iphone.. whilst i didn't go the full way i had a complete fall in terms of what i saw. I threw away the old charger so for now i cannot use it again but i will also remove the phone.

Despite these fallbacks I am determined to succeed. The greatest power the Yetzer Harah has is one of despair. Don't ever let it fool you into thinking you are too far gone..

I wanted to list out some of the things that helped me.. You will know most if not all of them but just in case it helps is worth mentioning.

1) Make it as difficult as possible to access pornographic material. Many of my sudden urges all come because i realise there is an "opening" to see something inappropriate. If you close the loophole often the urges might not come as often or as strong. This is absolutely critical - without this we are not giving ourselves the chance we deserve. Not having a smartphone is one of the biggest blessings in my life. Do not think for one minute it will impact your Parnassah. He who gives Parnassah is perfectly able to give me what i need without requiring a smartphone.

2) Have hobbies, be involved in other things.. whether it is a board for a charity/shul or chavruta or seeing friends. especially if you are single fill your day and give yourself less of a chance.

3) I keep a Cheshbon Hanefesh, i try each day to write in it and i keep track of how many days there. I list my goals and thank Hashem for everything each day. It is a very powerful tool. Accountability is also important, if i fall i try give Tzedaka afterwards and i fast half day on the following Sunday. These are not extreme things but i make sure to do them as a form of Teshuva. After that i move on.

4) Rav Moshe Weinberger Shlita has incredible shiurim on this topic. He has a Chaburas Yosef Hatzadik which deals precisely with this inyan. There is also a hidden gem of a shiur on YU torah which he has about this
- www.yutorah.org/lectures/lecture.cfm/914698/rabbi-moshe-weinberger/kedusha-is-it-within-our-reach/ I cannot recommend this highly enough. I try jogging at least twice a week and i often listen to this shiur

5) I am talking to myself here -- Remember He who put you on this world gave you this challenge. He knows you and He has given you the kochos you need to win this battle. One day you will have to go back to him with to paraphrase Ki Tzavo "Your Basket of fruit" all your Mitzvot and deeds. You have the opportunity whilst here to make a difference, to do so much good. "The day after" i have to remind myself. If Hashem let me wake up today its because He trusts in me. If He didn't want me here He is perfectly able to take me anytime He wills. I am here because He believes in me. Its time to believe in myself also.

6) Daven, Daven and Daven some more. Hashem is here to help, He wants to help us. I pray He gives me strength and may He help you too.

For me my next step is to seriously take on the 90 day challenge.. 30 days has been my average period recently apart from the odd time over Pesach when i went 50+ days, my last fall yesterday was 21 days which is not good. One day at a time but for me bring on 90 days! I pray

that with the Ribbono Shel Olam's help i will achieve this.. 90 days takes me to Tuesday 30th November. Please Hashem help me to get there.

If you are still reading.. thank you for taking the time to read my thoughts. BH you should be matzliach in your own Nisyonos. May Hashem grant us all a Shana Tova Umetuka.

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Re: First time posting about myself
Posted by taherlibeinu - 18 Apr 2024 14:31

after 6 weeks clear. Noting
here and moving on.. This doesn't define who I am. I am a shomer Habris (with a learner sign!).
Very upset though, I let myself down.

Wishing everyone a Chag Sameach

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Re: First time posting about myself
Posted by Heeling - 18 Apr 2024 14:35

Oish! That hurts.

You got it my friend - moving on is the way to go. and you are not defined by this slip. why
Slipped up this morning.. been so careful then one wrong move
should you be more defined by this slip over your hard work over the last 6 weeks??

Keep Rollin' and remember we are always here to for, whatever it is, just let us know.

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Re: First time posting about myself

Posted by davidt - 18 Apr 2024 18:05

[taherlibeinu wrote on 18 Apr 2024 14:31:](#)

after 6 weeks clear. Noting here and moving on.. This doesn't define who I am. I am a shomer Habris (with a learner sign!). Very upset though, I let myself down.

Wishing everyone a Chag Sameach

How are you celebrating the 6 clean weeks?

Slipped up this morning.. been so careful then one wrong move
Let's do a remote L chain! We're proud of you! Keep up the great progress...

(oh, you also had a fall, yeah, that hurts, turn it into a positive learning experience, what can you learn from it to prevent future falls?)

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Re: First time posting about myself
Posted by taherlibeinu - 27 Apr 2024 21:58

Wishing you all a Gut Voch/Moed and have a wonderful second days.

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Re: First time posting about myself
Posted by taherlibeinu - 07 Nov 2024 13:14

Back to day 1... Its been an incredible roller coaster.. A powerful Tisha Beav, incredible Ellul, YN and Succos all to come crashing down and just before 90 days.. On Simchas Torah we sang Toras Hashem Temmimah.. I don't think its for nothing that it ocured to me if you add the digits of the outer and inner letters of Temmima each one adds to 9.. 4+5 outside and 4+4+1 inside.. there is something special about this goal and in my case elusive for now. This is something i have not done in a few years, I keep getting close but never over the line. Not saying that this is the defining marker but its a powerful goal to achieve.

On the positive side I have had an incredible 85 days and grown so much. for most of this time this Inyan wasn't part of me at all. Yes i have slipped into it now thanks to the two hours i indulged yesterday but I can say with certainty that is not who I am. Mai Dehava Hava and i am moving on.

Looking back how did this happen.. its good to take a little introspection so here goes.. I had the most incredible ride and i felt so kadosh, always with the RB Shel Olam, I had a health scare which needed a procedure and i look back so blessed that i had it, I was so close to Hashem during this time. following this I had a small slip on day 85 (on my filtered computer my wife was out and even with minimal access i can still see some pictures/videos which even though are mild are so destructive - i need to figure blocking this out as well) and then thought i was clear but had a complete fall 8 days later on machine at my parents house (they were not in).. When i see how I was setup to fall by the YH i have to give him credit, how he got me home during the day and all the steps leading up to the fall - which i take full account of as my fault.. I am not one to preach and each one knows what is right for them, I have taken my own number of steps to ensure that on my day to day life i minimise all temptation, I have no smart phone and my internet is filtered (possibly needs slight tweak to tighten) and cuts out completely at midnight. I am not technical enough to know how to get around that so i know my home is secure. Its when i am outside of the home environment i can be more vulnerable. This is something i need to work on.

iyH I will continue to improve and reach my goal. I won't let this setback push me back. I know it can't, I have grown too much over these past few months. I am stunned by my failure but also doubly focussed on my desire to overcome this challenge..

I will never give up, we are all Oivdei Hashem in the fullest sense. We are His soilders, His army in this world. We are not allowed to roll over and give up, we get up again and keep going. That is possibly the essence of being a yid in todays world.

Wishing you all much Hatzlocha and Brocha in this Avodas Hakodesh.

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Re: First time posting about myself

Posted by BenHashemBH - 07 Nov 2024 14:10

[taherlibeinu wrote on 07 Nov 2024 13:14:](#)

~~Back~~ **Forward** to day 1... Its been an incredible roller coaster.. A powerful Tisha Beav, incredible Ellul, YN and Succos ~~all to come crashing down~~

On the positive side I have had an incredible 85 days and grown so much.

Wishing you all much Hatzlocha and Brocha in this Avodas Hakodesh.

My Brother, what an amazing mindset you have. Truly inspiring.

Much hatzlacha to you as well and please keep in touch.

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Re: First time posting about myself
Posted by rebakiva - 07 Nov 2024 16:17

[taherlibeinu wrote on 07 Nov 2024 13:14:](#)

Back 1 day to day 84... Its been an incredible roller coaster.. A powerful Tisha Beav, incredible Ellul, YN and Succos **1day** to come crashing down and just before 90 days..

Just another way to look at it.

Thanks for this great post, it's a real chizuk and inspiration to me and to all our fellow brothers here.

Keep it up and keep us posted.

With love akiva

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Re: First time posting about myself
Posted by taherlibeinu - 22 Nov 2024 11:42

BH two weeks on.. Each day is another step towards Hashem, each day takes me closer to the most incredible destination imagineable. Each day is a clear blue sky.. I can daven, I can feel close to Hashem.. Whatever other challenges i might be going through I am connected to the One Above.. a very special place to be!

Wishing this Chashuva Olam full of Kedoshim a wonderful shabbos

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Re: First time posting about myself
Posted by stopsurvivingstartliving - 22 Nov 2024 12:57

Wow! Keep trucking!

I love your attitude and perspective on getting closer and closer to hashem.

Hatzlacha Raba!

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Re: First time posting about myself
Posted by taherlibeinu - 17 Dec 2024 12:08

BH 41 days and moving forwards.. quite tempted today but no thank you.. closing the computer and heading to a safe place. I am choosing not to enter into this milchomo it will only end one

way..

Would rather shlep an hour and a half in and out of work and Daven Mincha B'yichidus then risk "the work from home fall"

Wishing the olam a wonderful day..

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Re: First time posting about myself
Posted by Hashem Help Me - 17 Dec 2024 12:19

You are an inspiration!

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Re: First time posting about myself
Posted by taheerlibeinu - 19 Feb 2025 17:06

Unfortunatly I had a fall on Monday.

Looking back I am a little frustrated with myself. I had got things working well, I have a very tight filter on my machine and so i felt quite safe at home. I was 100+ days in and doing well.. Unfortunately an old laptop was returned back to us without the same restrictions. I fell the day it was returned. the last 3 1/2 months were quite amazing though and i grew tremendously..

I need to do a few things:

- 1) Put this behind me. You fall down, you get back up again
- 2) Deal with the horrid machine, i didn't ask for it and didn't want it. I need to get rid of it/put on same filter as my current machine
- 3) Move forwards.. it happened nu nu.. onwards

For me, and maybe this is only for me the easiest path is to completely remove the chance to fall.. each one has his own derech but this works well for me. I know there is the whole mindset that comes with it but why walk around with a jar of poison.. If at 11 at night I have no access then the chances are i am not falling.. My internet switches off between 11pm and 5am.. my wife doesn't love it but begrudgingly accepts it. For me this creates kedusha in the house. And to be clear.. Kedusha in the house is everything.. Shalom Bayis, Bracha, Kids wellbeing, it all comes from this. I need to deal with this additional machine the Yetzer Hara threw in asap..

Wishing this chashuve community all much Hatzlocho..

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Re: First time posting about myself
Posted by taherlibeinu - 25 Feb 2025 09:01

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