

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 taheerlibeinu - 22 Mar 2023 10:27

Thank you so much all for your chizuk. Baruch Hashem moving forwards again!

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Re: First time posting about myself
Posted by taheerlibeinu - 28 Apr 2023 11:45

Has been a while since I last posted thought would write down some thoughts..

It has been an up and down journey for me over the past few months. Baruch Hashem has been a while since my last proper fall (Feb 9th) but there have been a number of times where I build up a number of good weeks and then have a "mini fall" where I let myself go and then catch myself, my "letting go" though is still bad enough to have to reset my counter. I am working on this inyan with my partner and BH making progress. This week I am zocheh to go shabbos to shabbos clean which is very important to me and I am now looking forward to welcoming the Malachei Hashareis. Ironically this last week I have had the opportunity many times to view inappropriate material. What has helped me is the number of barriers (Taphsic with a Knas i would rather avoid) I have put in place and the promise to text my partner before and after using an unfiltered device should the emergency need arise that I need to use it.

As I continue on this journey in my head are etched the words from Rav Moshe Weinberger Shlita.. the words he repeats again and again "Stay in the Milchomo.. never give up". I have been Zocheh to listen to literally thousands of hours of shiurim from him and if there are two messages that come through time and time again one is this one and the other is the continual question "Where is Hashem in my life". I feel so connected to the Torah that he teaches and the

way that he gives over his shiurim. I can have a conversation with a work colleague and then forget the fellows name within 5 minutes but listen to a vort from Rav Moshe and somehow it sticks!

Anyhow wanted to wish this Chashuv and holy Olam a wonderful Shabbos. All of us here are in the milchomo, even if we only have a few wins and lots of war scars. iyH over time we will heal from all those injuries we have sustained in this ongoing battle for Kedusha and Kirvas Hashem.

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Re: First time posting about myself
Posted by taherlibeinu - 17 Jul 2023 15:57

Today is day 32.. it has special significance to me given its the gematria of Lev. The eyes might be the window to our desires but the heart is the fire. For the past 32 days BH this "fire" has been turned more towards Hashem. I need Him too much in my life right now to give in to my yetzer. I know as soon as i do that Hashem will move back and i will lose the tremendous siyata dishmaya that i need right now. Selfish or not I am using this as a catapult to help me say no when my ratzon says yes... We need to use all the tools we can in this fight..

iyH bring on 33...

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Re: First time posting about myself
Posted by Eerie - 17 Jul 2023 22:17

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Re: First time posting about myself
Posted by chaimoigen - 18 Jul 2023 12:04

[taherlibeinu wrote on 17 Jul 2023 15:57:](#)

Today is day 32.. it has special significance to me given its the gematria of Lev. The eyes might be the window to our desires but the heart is the fire. For the past 32 days BH this "fire" has been turned more towards Hashem. I need Him too much in my life right now to give in to my yetzer. I know as soon as i do that Hashem will move back and i will lose the tremendous siyata dishmaya that i need right now. Selfish or not I am using this as a catapult to help me say no when my ratzon says yes... We need to use all the tools we can in this fight..

iyH bring on 33...

Wanting Hashem in your life isn't selfish.

It is the realization of what life itself really is. Wanting to be truly alive isn't selfish at all!

The pull to other things that makes us feel "alive" is only a hollow and false replacement....

Reading what you wrote is a Chizzuk.

Hang in there, friend, day at a time.

You are special and you will get there!!

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Re: First time posting about myself
Posted by bright - 19 Jul 2023 05:01

The Nesivos Shalom says that one of the reasons great tzaddikim don't sin is because they cant bear the thought of feeling distant from Hashem. It sounds like you are on that path, not "being selfish". Keep growing!

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Re: First time posting about myself
Posted by taherlibeinu - 20 Jul 2023 10:40

Thank you all for your replies. I want you to know that i was feeling very low this morning and close to giving in. Reading these has pushed me back to reality. Thank you thank you thank

you.

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Re: First time posting about myself
Posted by taherlibeinu - 11 Aug 2023 12:17

Slipped on Wednesday with the computer, BH caught myself but it was a slip nonetheless and I need to restart my count. BH it has not turned into a fall and I am moving forwards. Proud of how I am not letting it drag me down but on the other hand very frustrated and annoyed to have lost myself in the first place. In this world the fight is constant.. we just keep moving forwards. I was thinking about how i will face the Ribon Haolam over Yomim Noraim, I have given in more times this year then the last so I feel worse for wear.. but the truth is this, I will never stop fighting for His corner. I have made it my mission to keep trying to close the gap.. I am probably going to lose battles along the way because I am human and thats what sometimes happens, but I will never give up. There is no time to wallow in guilt, no point spending time think about what has happened as that is now in the past, now is time to move on.

Wlshing this holy and special olam a wonderful shabbos and good Chodesh.

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Re: First time posting about myself
Posted by DavidT - 11 Aug 2023 15:22

[taherlibeinu wrote on 11 Aug 2023 12:17:](#)

Slipped on Wednesday with the computer, BH caught myself but it was a slip nonetheless and I need to restart my count. BH it has not turned into a fall and I am moving forwards. Proud of how I am not letting it drag me down but on the other hand very frustrated and annoyed to have lost myself in the first place. In this world the fight is constant.. we just keep moving forwards. I was thinking about how i will face the Ribon Haolam over Yomim Noraim, I have given in more times this year then the last so I feel worse for wear.. but the truth is this, I will never stop fighting for His corner. I have made it my mission to keep trying to close the gap.. I am probably going to lose battles along the way because I am human and thats what sometimes happens, but I will never give up. There is no time to wallow in guilt, no point spending time think about what has happened as that is now in the past, now is time to move on.

Wishing this holy and special olam a wonderful shabbos and good Chodesh.

Instead of being frustrated and annoyed, you should be PROUD and celebrate the fact that you're a human being that has temptations and you're putting up such a great fight in the difficult battle. Instead of viewing a slip as a step backward, think of it as a progression on your road to recovery. Many people lapse or relapse, and if you think of each attempt at sobriety as a means of getting closer to your end goal — a lesson in your cumulative recovery learning, so to speak — this slip won't be in vain.

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Re: First time posting about myself
Posted by frank.lee - 03 Sep 2023 07:24

@taherlibeinu how have you been?

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Re: First time posting about myself
Posted by taherlibeinu - 15 Sep 2023 11:08

@frank.lee Thank you so much for reaching out and apologies for such a late reply.

Baruch Hashem I have been doing well. I have had a couple of small slips over the last month but BH no falls, annoyingly one slip was last week. Thankfully I caught myself so I reset my count to keep me honest and am just moving on from it. Selichos for me has surprisingly been very inspiring, I went to selichos on Motzei Shabbos which I found so moving it has transported me into another world and am trying my best to stay there! Apart from being completely exhausted Its been so hectic getting things ready here and at Shul etc I don't feel ready for RH but who is.. I am however looking forward to spending time with the Ribbono Shel Olam over the next few days, to focus on my tefillos and forget everything around me. I feel the responsibility to Daven for my wife and family. The reality is though the few minutes of genuine Tefillos that my wife manages is at least ten times more powerful then anything I can muster..

Wishing this special, holy olam a K'siva V'Chasima Tova, May Hashem answer all your tefilos and iyH this time next year we will all look back and be proud of what we have achieved. iyH no more slip ups.. no more I did it again. no more feeling so low.. Instead lets run towards the Ribono Shel Olam, lets run like we have never run before and never look back. Lets never underestimate the power of genuine Tefilla, genuine tears, genuine growth. Now is the time..

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Re: First time posting about myself
Posted by taherlibeinu - 20 Sep 2023 15:31

I want to share this with the Chevra.. I had the zechus to listen to this shiur over and over again recently.. I didn't recognize Rav Moshes voice initially as it is from 1996 but the words.. wow.. such a shiur i couldn't stop listening.. sometimes with all these inyanim I need to remind myself about gadlus

Haadam.. www.yutorah.org/lectures/826524/Shavuos-%E2%80%93-The-Unbelievable-Power-Of-Man-To-Affect-The-Heavens

This one.. if time is short listen to the last 30 minutes.. wonderful story of the Rishiner.. ztl

www.yutorah.org/sidebar/lecturedata/1066016/TorahThe-Tree-of-Life,-Not-Just-a-Way-of-Life

May these messages from Rav Weinberger inspire us to a special YK and a wonderful year ahead..

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Re: First time posting about myself
Posted by taherlibeinu - 19 Oct 2023 12:13

Last night i was tempted.

Last night i felt like i wanted to give in.

BH BH Last night i was strong

BH BH this morning i woke up pure.

Funnily enough in shul today i was given Hagbah. its the chance to hold and hug the torah hakedosha. Usually after i fall i can't touch the sefer torah for a week, its something in built within me.. But this morning i hugged it. Or it was hugging me, or maybe both..

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Re: First time posting about myself

Posted by Hashem Help Me - 19 Oct 2023 14:01

[tahrilbeinu wrote on 19 Oct 2023 12:13:](#)

Last night i was tempted.

Last night i felt like i wanted to give in.

BH BH Last night i was strong

Have a wonderful day

BH BH this morning i woke up pure.

Funnily enough in shul today i was given Hagbah. its the chance to hold and hug the torah hakedosha. Usually after i fall i can't touch the sefer torah for a week, its something in built within me.. But this morning i hugged it. Or it was hugging me, or maybe both..

HERO!!!

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