

Eccentric Trip to Freedom

Posted by EccentricComposer - 12 Mar 2023 02:17

I'm a Bochur in a main stream Yeshivah who's been working on a hotzaas zera l'vatallah problem for 10 years. B"H I've improved tremendously over that time, and when I'm away from home I have almost no issues. The main time I have any problems is when I go home over Bein Hamzanim and Off-Shabbosos, and even then I've been working incredibly hard and have been able to be Kovesh my Yetzeir Horah a lot. I'm just looking for some Chizuk and maybe some tips for when I go home so that I don't fall in! My main problems are sometimes seeing something inappropriate on the computer, though its fully filtered, and sometimes there are some magazines near my room that have pictures of women (they're not inappropriately dressed), but I am to embarrassed to bring it up with my parents, most of the time I fall in because I was thinking about doing it, and give in to the urge. I feel that the main thing I need is some Chizuk and people to update when everything is going well! My last couple times home I did great at the beginning, but it gets harder as time goes on, and I want to make sure that I'm totally prepared for Pesach Bein HaZmanim!

Thank you so much for taking the time to read this, and for the chizuk!

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Re: Eccentric Trip to Freedom

Posted by EccentricComposer - 29 Aug 2023 00:58

Haven't updated in a while, up do day 148, b"h. I'm so amazed!

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Re: Eccentric Trip to Freedom

Posted by redfaced - 29 Aug 2023 01:35

[EccentricComposer wrote on 29 Aug 2023 00:58:](#)

Haven't updated in a while, up do day 148, b"h. I'm so amazed!

At this point im not amazed any more .

Already a while ago it was obvious that you had it in you .

KUTGW!!

Hatzlacha!!

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Re: Eccentric Trip to Freedom

Posted by chancy - 29 Aug 2023 20:26

Isn't it amazing how for years we convince ourselves that its impossible to go one day or week without acting out, and than with Hashems help we can go months and months clean!

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Re: Eccentric Trip to Freedom

Posted by redfaced - 29 Aug 2023 20:35

[chancy wrote on 29 Aug 2023 20:26:](#)

Isn't it amazing how for years we convince ourselves that its impossible to go one day or week without acting out, and than with Hashems help we can go months and months clean!

It's unreal . I dont have your numbers yet , but I know I will in 300 something days

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Re: Eccentric Trip to Freedom

Posted by chaimoigen - 30 Aug 2023 12:43

[chancy wrote on 29 Aug 2023 20:26:](#)

Isn't it amazing how for years we convince ourselves that its impossible to go one day or week without acting out, and than with Hashems help we can go months and months clean!

Re: Eccentric Trip to Freedom

Posted by Eerie - 31 Aug 2023 23:05

And we are so proud of you, too! Keep it up! And keep sharing the inspiration!

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Re: Eccentric Trip to Freedom

Posted by EccentricComposer - 01 Sep 2023 01:12

Just wanted to write about how I feel like I've grown over the past months.

I feel like I have more control over my thoughts, which is really the most important part. If you can keep your mind mostly in control, it can help most of the time since that's where a lot of things start.

I feel like my whole viewpoint is different. I've felt for years that I had a problem, that I was stuck in a rut, that no matter what I tried I would always end up back at square one. But this time its different. I realize that its a normal occurrence, and that I can, and **HAVE**, gotten past it. Of course the struggle will always be there, but I am proud of myself that I've reached the next stage. I've gone through ups and downs, stared back at my old haunts, and gotten past it clean, and growing. I realize that this is an area of growth, that I can prove myself to HaShem in this arena that I am his eved, doing this specifically because he told me to. I have an optimism, and an energy, that this is the end and I am moving past this once and for all.

I will always be vigilant, but I am glad that I am moving on the the next part of my life with this accomplishment behind me, and knowing how to stay true to my values in the future.

Hatzlacha Rabba!

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Re: Eccentric Trip to Freedom

Posted by EccentricComposer - 06 Sep 2023 20:29

156 days, b"h!

I was wondering if it would be smart to stop focusing so much on the forums, I sort of feel that I am spending a lot of time here that I don't necessarily need to be doing. I know I am helping people out by being encouraging, but I think by this point in the struggle I can move beyond here and sort of put everything further back in my mind, not needing to bring thoughts up while coming over here. I would definitely keep up with my accountability partner and guys via email, and try to post every once and a while, but I don't know if daily checking is going to be good for me at this point.

A big thing I have gained from everything is communication with people in a more real way, which isn't really coming from the forums by this point.

Any ideas?

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Re: Eccentric Trip to Freedom
Posted by Eerie - 06 Sep 2023 23:42

Do what works for you, my friend.

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Re: Eccentric Trip to Freedom
Posted by chaimoigen - 07 Sep 2023 13:40

[Eerie wrote on 06 Sep 2023 23:42:](#)

Do what works for you, my friend.

Do what works, and be open for re-adjustment. You are real and good and growing!

Ksiva Vichasima Tova and unbelievable Mazal and Bracha in your new Bayis!

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Re: Eccentric Trip to Freedom

Posted by EccentricComposer - 15 Sep 2023 01:32

Just wanted to do a quick update.

B"H I am up to day 165, which I am flabbergasted that I have been able to accumulate such a streak! I am so happy that I am able to enter the yamim n'oraim with such an accomplishment behind me, and I am excited to continue it further.

Just some things I have found to be extraordinarily helpful. I feel that a real connection with people can do wonders! I have been in contact with another bochur my age to help him out with his struggles, and not only am I mechazek him, I am mechazek myself tremendously! I feel so much better connecting with a real person over the phone. And even better, I met someone in person for the first time, which is a complete game changer. Be"h I can make it 365 days more, until next Rosh Hashana, or however long the Uber Year is going to be.

If anyone else wants to get in contact with me, please send me an email, its so amazing connecting to people on a more personal level, it really ups the challenge to another darga and makes it that much easier.

A gut gebentcht yar, and a ksiva v'chasima tova to everyone, and I will be davening for everyone, and I hope you daven for me as well!

Hatzlacha Rabba!

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Re: Eccentric Trip to Freedom

Posted by EccentricComposer - 22 Sep 2023 18:55

172 Days, absolutely incredible!

I think its time to really sign off of the forum, I am heading into a new stage in life, and I don't think I will really have access to GYE any longer. I am extraordinarily thankful for all the help and encouragement I have received, and I know I am walking away from this experience as a better and changed man, ready to face the challenges the Yetzer HaRa will try to throw at me.

On a different note, I will still have access to my email eccentriccomposer01@gmail.com , and would love to keep up with everyone. A major part of my ability to get to where I have gotten is with my connection with everyone here, and I want to keep that connection with the people that I can. Please reach out to me and keep in touch, it means so much to me!

Another thing I would like to add is that I would enjoy helping people with their struggles, especially if they have been similar to mine or they are around my age. Please don't feel shy about reaching out to me, and if you see anyone that starts posting here that fulfills that criteria, please share my email with them and get them to contact me, it gives me a massive Chizuk to help people, and it helps me as well.

Now, for the rest of my final post, my Bein HaZmanim plan!

1) Airport- I need to be more Chamor about Shmiras Einayim in the airport, I was thinking of actually removing my glasses again this time, though its hard to navigate without my glasses, my eyesight is REALLY terrible, but its worth the trouble. Just get a drink, get to my gate, and have some way to keep my self occupied so my eyes don't wander.

2) Airplane- Again, if I keep myslef occupied I should be okay, I've generally been very good about this.

3) Computer- A) Nochumul on accountability partner, if I go on the computer, I text him with

what I am doing, and how long I expect to be on, and I let him know if I'm extending my time, and when I am off. This is the best way to make sure I am cognizant of what I am doing and staying on top of myself.

B) Have a sibling sitting behind/next to me supervising, my sister knows the drill by now.

4) Magazine Room- DO NOT ENTER. Last Bein HaZmanim I did really well, so I think I can pull through this time again, after all, its my last one.

5)Stores- This is a new one I am adding, since I noticed my eyes wander when I am out by myself shopping. The best thing would be to bring someone else along, but that's not always practical, so I am going to take off my glasses in stores except for if I am looking for a specific item, I will hold onto the glasses, ready to put them back on, but with them off, that should keep me on top of myself. Though other ideas might be helpful, I don't know how practical this is.

6) Other Urges- Other urges come up, even if I am super careful, so if another urge comes up I will reach out to my accountability partner or someone else I am in touch with, and the practice some mindfulness, which I have realized really helps. Close my eyes and take some deep breaths. Another option would be to go on a walk outside, which also generally really helps.

This should cover mostly everything, from my experience. I want to keep in touch with everyone and will email people over Bein HaZmanim and the rest of my life, I have so much Hakaras HaTov to everyone here! Gmar Chasima Tova.

Signing Off,

Hatzlacha Rabba!

EccentricComposer

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