

More Aboout Me

Posted by BirkasHachamah - 27 Sep 2010 02:04

OK, so I posted for the first time last week, and realized that I have to do this more often. So now, I'm going to tell you a little bit about myself, and what I've been going through. I am in my twenties and single. I am a teacher, and for the most part enjoy what I do. I enjoy a good laugh, nut can have very serious conversations as well. I sometimes struggle with parts of my yiddishkeit, and have ups and downs in my emunah and connection with Hashem. As far as this problem is concerned, I often find that it is in the back of my mind and constantly a stuggle, at times more prominent and at times less so. In terms of actually sinking to searching for and watching inappropriate material, I would say that happens every few months, and then afterwards I often feel like I am so disgusted with myself, that I am able to stay away from actual searching and watching for a few months. But like I said, it is always there in some form. I am happy that I finally decided to utilize this website and look forward to making progress together with everyone. Chag Sameach!

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Re: More Aboout Me

Posted by desperate_teddybear - 27 Sep 2010 02:52

welcome~!

you know, most pple struggle w/ Emunah. this is b/c unless we are on top of it, nature of the world makes it hard.

i know for me, every once in a while i'll get a niggling worry that maybe there's no Hashem or all those other thoughts.

i find that Tefilah is a big help. when i Daven for something and see the outcome my faith is strengthened.

there's also some pretty good shuirim i've been listening to on theshmuz.com

so glad you've joined our party and yup me too- i'm pretty new at the whole posting thing but i've found it very helpful

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Re: More Aboout Me

Posted by frumfiend - 27 Sep 2010 03:17

I am jealous of you. Look around this place . Most of us cant go even days without looking. You found this place before becoming a full addict. I recomend reading the handbooks. At your stage in the game they may be enough. Look around and se what you could become if you dont take care of the problem.

P.S. Dont get put off by me I dont represent the chevra. I dont know how to talk nice. Most or all of us are pure honey.

hatzlacha

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Re: More Aboout Me

Posted by desperate_teddybear - 27 Sep 2010 03:21

yo ffiends, you're on of the most awesomest people on here so shut up.

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Re: More Aboout Me

Posted by BirkasHachamah - 28 Sep 2010 16:29

Thank you all so much for the warm welcome. How wonderful it is to know that we are not isolated "crazies", but rather struggling TOGETHER. In the past when I was able to overcome my urges, the only one there to congratulate me was myself, but patting yourself on the back only lasts for a short time. Now, I am excited that we can each share in each other's successes and that will help us grow even more. Bli neder, I am going to start reading the handbook, and practically get started. And by the way, what's with the guy on a tightrope in the top left corner? Kind of freaks me out!

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Re: More Aboout Me

Posted by Me3 - 28 Sep 2010 19:05

Don't let it freak you out.

The secret is to always look up

Try to hook on to Somthing high above you

Let other people support you up there

Look how high he is, he started all the way down on the ground!

Don't fall off!

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Re: More Aboout Me

Posted by kutan - 28 Sep 2010 19:52

What you write about it being in the back of your mind, is very smart.

That means that you have an hakara to the root of it all.

The yesod is ... it is not the specific improper action that brings us here.

It is the addiction to lust.

The selfish attitude.

How it manifests, well, some people do it more 'aidelly', and some less so.

But underneath it all, ~~their~~ our problem is the same...

lust.

At least, that is how I look at it.

And this site is wonderfully for getting us to think differently.....

As Dov says... to heck with me, what can I do for YOU.

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Re: More Aboout Me

Posted by Holy Yid - 28 Sep 2010 19:53

Welcome, welcome.

You write about two issues

1. acting out (as we call it) with porn etc.

2. struggling with emuna issues.

I do not know if the two are related and the focus of this site is the first issue. And that is something we can help you with. The only way emuna issues can affect this is if you feel guilty about your questions about emuna and then you are weaker in this struggle.

Being open is very important to healing and you have taken a big step towards freedom. Many more advice is available the handbooks

www.guardureyes.com/GUE/PDFs/eBooks/GuardYourEyes%20Handbook.pdf

www.guardureyes.com/GUE/PDFs/eBooks/GuardYourEyes%20Attitude.pdf

Read them both slowly and feel free to come back and ask us.

If you are determined to break free and follow the road we have BE"H you will have much hatzlacha

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