

UnicOrns!! FIAsHy cArs!! LEmOn pie!! NoW thAt I hAvE ur attention it's log time!

Posted by fire - 10 Mar 2011 21:25

LOG 1,

Sorry for grasping your attention through unorthodox means!!! but,.... It was the best idea that i could think of.

I have decided to start a log in order to make sure I come to this site everyday. Even if I only post 3 words a day it would have been worth it.

A little about me and how I came to the decision that I need GYE.

"See I have a rule whenever I was shidduch dating a girl I couldn't allow myself to fall. I thought that when I eventually got married that it would cure my problem. So instituted this rule in order prove to myself that my logic was sound. That the fact that I had someone in my life who was interested in me and who was under the impression while dating me that I was a "good normal guy" made me instill this rule upon myself.

i was dating this one girl for five weeks and things were getting serious. In my mind she was perfect for me, great middos, kind, caring, spiritual, and beautiful. I had to leave her for two weeks and head back to New York to finish my semester off. She told me she didn't won't me to go, i told her "i had to". One night while studying late into the am's my yetzer hara flared up. I beat it a couple of times because I told myself that if I messed up, I would loose her. I was giving myself a choice (as crazy and illogical as the choice may seem) Her, the girl who i wanted to spend the rest of my life with, or ,lust. I messed up that night. The next day she called me and told me that she couldn't come to New York for the following shabbos. That following motzi shabbos she told me she wanted a 2 week break in order to decided if I was the right one for her. After the 2 week break, 4 weeks since I last saw her she called me and decided that I wasn't the right one for her. Crushed is an understatement to how i felt. I know that everything that g-d does is for a reason, sometimes we think we understand why and other times we just have faith. I hope from this experience that i went through and the effect it had on me that I will learn through the help of this website to beat my addiction once and for all it won't be easy, but alternative of giving up or not putting forth proper effort aka "GYE", will lead me to a path of pain and sorrow."

That was around a month and a half ago.

Right now I am a recent college graduate that is jobless. I feel like i am really far away from finding my future wife. I'm living at home bec I don't want to search for a job in New york where my Yeshiva is located.bec of all this, I have way to much free time on my hands .

On a brighter note I have 10 day streak going, and even though I am feeling very down, I am determined with Hashems help to hit the 90 day marker, if not more.

I welcome encouragement, ideas, advice or just talking it out.

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Re: UnicOrns!! FIAsHy cArs!! LEmOn pie!! NoW thAt I hAvE ur attention it's log time!
Posted by fire - 22 Mar 2011 13:54

Its been a rough 24 hours, my y"h is trying to use new subtle methods in order to make me fall. I can't quite explain it, but he is def skilled in his art.

TRYing...

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Re: UnicOrns!! FIAsHy cArs!! LEmOn pie!! NoW thAt I hAvE ur attention it's log time!
Posted by NOYA - 22 Mar 2011 20:59

Hey fire. I'm summoning some energy from within to help you out. I owe you one for last night. Pick me up, I'll pick you up!

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Re: UnicOrns!! FIAsHy cArs!! LEmOn pie!! NoW thAt I hAvE ur attention it's log time!
Posted by geshertzarmeod - 22 Mar 2011 21:46

davening for you! You can do it!

try to find what it is exactly that is getting you.

the more specific you can be with identifying his methods of attack

the better equipped you will be to do battle with him

and if you wish, the chevra here can relate to the specifics that you post and tell you what has worked for them.

KOT!!!!

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Re: UnicOrns!! FIAsHy cArs!! LEmOn pie!! NoW thAt I hAvE ur attention it's log time!

Posted by fire - 24 Mar 2011 02:35

not clean... fell tonight... stupid filter doesnt always work,,,grh... this is so annoying,,,,,

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Re: UnicOrns!! FIAsHy cArs!! LEmOn pie!! NoW thAt I hAvE ur attention it's log time!

Posted by fire - 24 Mar 2011 04:08

fell again..

K-9 is to EASY to get passed. I need something stronger

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Re: UnicOrns!! FIAsHy cArs!! LEmOn pie!! NoW thAt I hAvE ur attention it's log time!

Posted by Rising Up - 24 Mar 2011 04:09

get eblaster.

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Re: UnicOrns!! FIAsHy cArs!! LEmOn pie!! NoW thAt I hAvE ur attention it's log time!
Posted by geshertzarmeod - 24 Mar 2011 20:59

fire, I know its frustrating to fall. But falling or not is only part of the picture. Try to look at the causes, what brings you to the nisayon. Try to see the big picture, it may help avoid the problem in the first place. Talk it out and post it, maybe see if the handbooks can help you work this thing out.

KOT

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Re: UnicOrns!! FIAsHy cArs!! LEmOn pie!! NoW thAt I hAvE ur attention it's log time!
Posted by fire - 25 Mar 2011 04:00

Thanks Gesher Tzar Meo, lets see

What brings me to fall.

1. When I am depressed from dating to many ppl who are not right for me.
2. i am having a hard time finding employment even though I am new to the game
3. stress

I use mas* as a fix or a drug. I need to find other ways to deal with life when it gets rough.

Went to the mikvah, learned, readjusted my mindset. one day at a time. one breath at a time. Don't think about how long 90 days is. think about the present. think about what I can do to make sure i don't entice myself. let the lust go. trust in hashem, that he wants u to succeed.

day 1 clean.

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Re: UnicOrns!! FIAsHy cArs!! LEmOn pie!! NoW thAt I hAvE ur attention it's log time!
Posted by NOYA - 25 Mar 2011 04:35

That's great, fire! Going to the mikvah is a very good thing to do. It really is all about letting go, and not hanging on to any lingering desires. I have to remember that myself...

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Re: UnicOrns!! FIAsHy cArs!! LEmOn pie!! NoW thAt I hAvE ur attention it's log time!
Posted by geshertzarmeod - 25 Mar 2011 05:12

good job fire!

stress is one of my issues as well and you put it very well we use M as a drug to feel good temporarily. Unfortunately it doesnt last long and then we are left with the guilt and after effects

the kuntz now is to find other healthier ways to deal with the stress or other triggers. keep talking and posting, it helps you develop these tools and to find deeper understanding of yourself and your needs.

KOT

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Re: UnicOrns!! FIAsHy cArs!! LEmOn pie!! NoW thAt I hAvE ur attention it's log time!
Posted by fire - 25 Mar 2011 20:07

today was challenging at times, i picked up a sports illustrated at the doctors office flipped through a couple of pages only to find pages of scantily dressed women. thank god i was able to control myself over my lust to take a second look.

Y"H flared a bunch today and I was some how able to distract myself.

clean.. and loving every minute of it.

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Re: UnicOrns!! FIAsHy cArs!! LEmOn pie!! NoW thAt I hAvE ur attention it's log time!
Posted by geshertzarmeod - 26 Mar 2011 18:59

good for you fire! putting down the magazine took alot of effort and self control. each time you do that you strengthen your resolve.
thanks for all the advice NoYa and Gesher Tzar Meod have a good shabbos.

keep up the good work!

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Re: UnicOrns!! FIAsHy cArs!! LEmOn pie!! NoW thAt I hAvE ur attention it's log time!
Posted by fire - 27 Mar 2011 03:04

failed this shabbos in putting down a magazine.. I started reading a national geographic some how got slightly turned on by a article about how foxes can be domesticated and that domesticated animals have a different genetic code than none... WT*.. and then there was this pic of some beach from a far and i was trying to see if i could make anything out... It;s like what will my Y"H think of next and what will I be stupid enough to look at. Is that a slip? My Y"H was going crazy all shabbos and when it wasn't, i was thinking of of the girl who shattered my heart a couple of months ago.

Stiill clean. some how hanging in there, prob bec of my vows, that I don't want to break and bec if I break them I'll have to pay for it.. thank g-d im a cheap lazy jew.

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Re: UnicOrns!! FIAsHy cArs!! LEmOn pie!! NoW thAt I hAvE ur attention it's log time!
Posted by geshertzarmeod - 27 Mar 2011 12:13

fire. get moving in a different direction. It sounds like youre waiting around for trouble to happen. Find things to keep yourself busy with. That way your YH wont have time to play games with you.

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