

Going for the Gold!

Posted by Tev - 04 Aug 2009 02:20

Hey Tzadikim,

I'm a 21 yr old single guy in yeshiva/college. Ive been struggling with p*()n and motzei zera levatala for about 7 years.

I "tried " many times to stop, but now im really giving it a real shot. I finally realize its not just the yetzer hara, its a serious addiction.

Hope this lasts!

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Re: Going for the Gold!

Posted by Tev - 24 Mar 2010 16:05

11 days

:D

Thanks to the holy one, and the great friends I have here.

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Re: Going for the Gold!

Posted by Tev - 26 Mar 2010 00:37

~~So ive been "clean now for 7 days , boruch hashem~~

G-d sent me a message today. Most likely because he knew today was going to be a tough one.

This morning I couldn't find my glasses, right then I knew it was a message from G-d , he was

telling/ ordering me GUARD YOUR EYES today especially, and I'm here to help.

Unfortunately after a back and forth struggle with my Y"H, the Y"H unfortunately won that 1 battle. Thank G-d I had a great streak of 12 days , one in which I fought back and

defeated the Y"H many times. The positive message I have taken from this whole event, is not the depression of just having fell, but how much Hashem loves me , which is why he

misplaced my glasses .

Have a great Shabbos/Pesach

Bestrong

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Re: Going for the Gold!

Posted by Tev - 04 Apr 2010 23:14

Not doing to well lately, Ive been falling once every few days or so.

I'm looking for someone to "work" the 12 steps with, on the phone once or twice a week.

Please let me know if you are available...

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Re: Going for the Gold!

Posted by 1dayatime - 05 Apr 2010 20:31

[BeStrong88 wrote on 04 Apr 2010 23:14:](#)

Not doing to well lately, Ive been falling once every few days or so.

I'm looking for someone to "work" the 12 steps with, on the phone once or twice a week.

Please let me know if you are available...

Sorry to hear you have been struggling. I don't have a strong background in 12 step programs. But I'm sure you will find someone here that does and can help you.

If I can help in some other way, let me know.

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Re: Going for the Gold!

Posted by Sturggle - 06 Apr 2010 08:20

Hey BeStrong,

Hang in there and keep your head held high.

Iuv ya bro!

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Re: Going for the Gold!

Posted by Tev - 11 Apr 2010 13:47

Day 3-I can do this!

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Re: Going for the Gold!

Posted by silentbattle - 11 Apr 2010 23:10

Fantastic, keep it up!

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Re: Going for the Gold!

Posted by Sturggle - 12 Apr 2010 06:50

Keep it going, Be!

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Re: Going for the Gold!

Posted by Tev - 13 Apr 2010 13:20

Silent, Sturggle- Thanks for the chizuk guys!

Day 5 boruch Hashem I feel great, but I must not let my Guard down !

Ive started going over the 12 steps with a phone buddy, and it helps to speak out the causes and what I'm going through with the struggle.

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Re: Going for the Gold!

Posted by silentbattle - 13 Apr 2010 14:27

That sounds great - you're not just pushing forward, you're addressing the issues, and learning how to become healthier and more connected!

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Re: Going for the Gold!

Posted by Tev - 14 Apr 2010 16:46

I just fell,

It was a "simple" search on Google, but its Always just a simple search right?

Ok well 6 days is a start, gotta get back to the basics.

Have a great day everyone

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Re: Going for the Gold!

Posted by silentbattle - 14 Apr 2010 17:15

What did you learn? What could you do in the future to avoid this mistake?

To put it another way, what would you differently if you could do it again?

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Re: Going for the Gold!

Posted by Sturggle - 15 Apr 2010 06:52

Be,

It's great to see that you're staying positive,

I hope you have a great day as well!

And what are the "basics" for you?

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Re: Going for the Gold!

Posted by Holy Yid - 18 Apr 2010 02:02

I am sad you fell, but glad you are honest.

KOT!!

Also what would have helped you not fall?

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