

I'm newI hope I came finally to the right place
Posted by ulay-yachus - 25 May 2011 20:34

Shalom!

I will start that I'm a native Israeli' and that is why my English isn't so good....so I guess you will see many many mistakes...what can I do?

Ok ' so I found this site at Pesach' and was soooooo happy! at last' I found a place that I can be there and share and hear from others[The only problem here' that I need something like that' in Hebrew' and the Hebrew forum here is died....and the only Hebrew site I know is ATZAT NEFESH, but I found this site is much more helpfull for me]. I just came to a point where I can't continune any more...I'm 35 years old' father of 5 lovely kids. I have learned in a Yeshiva for years, and also got a Smicha [I use Hebrew words, I hope you will understand me] , I teach Tora, and try to serve Hashem, as much as I can.....but as I talk to him, I tell him, HTZ"L is my main problem in Avodan Hashem....for 22 years I have tried and tried but it just didn't work! Lately' I thought to my self going throw 12 steps recovery group, but I have few problems with that : 1) what shell I tell my wife? 2) The truth, I'm ashame [MITBAYESH] to be with others' and although the gmora on kidushin says, about that Rav who saied , I prefer being MEVAYESH my talmidim in this world and not in the next world....It's difficult.

Anyway' I red the handbook, and I really got new advices! I read the e- mails' each and every day, and get a real chizuk! I have srtated my journey for the 90 days, for now I got to 29 days!! I have never got so many clean days! I used to mastrabte at least 3 times a weak, there were weeks , that I did it for 7 times a week. I just can't belive it , that with g-d help, I have 29 clean days.

I make a Neder, that if I use porn , I will pay 3,000 nis[New Israel's Shekel] for tzdoka, I make this Neder at Shabat, and I say that it is only for 1 week, until the next shabat. The reason I do that is , that at shabat and Friday, I don't do these sins [for years] so shabat is a time when my soul is high, and the mind can control the body. At the last Shabat ,I found it very tough, to make the Neder, like my brain said to me : "What?! for the whole week you will not be able to get any relief? What will happen if you will feel bad about yourself, or be in stress, what will calm you?!" The last week was not so simple, and this is why the Yestzer Harar got to talk to me so hard! He may be fulish and old, but he defantly[bevaday] has his weapons.... ok so thats's my story for today....I wish I can continue , but I have to do some other things now... Thak's alot!!!! You are raelly great.... [My **real desire** today is to come to the Yomim Noraim, when I am clean for months....

I hope for all of us, just all the good in the wold, Bezrat Hashem....

=====
=====

I need your advice

Posted by ulay-yachus - 04 Jun 2011 22:34

bs"d

Shalom' and again sorry about my English . I keep saying "sorry" because I guess each and every time' other guys will read the post' and won't understand why I write like that....

I'm now having 40 clean days/ At shabbat I went to a hotel' and I had tough nisyonot in shmirat haeynaim' but with Hshem help' I made it. It was sooooo difficult' I thought all the shabat' just on one thing' whether I should make my Neder' which doesn't allow me to fall' or not. Finally I made it' I just couldn't think that after 40 clean days' I will just fall like nothing had happened until now. The truth is that I was very sad at shabat' knowing that I will not be able to act-out the whole week because of the Neder.... Now [at 1:30 am] I feel a bit better' but I'm asking my self: maybe I took on my self a mission that I can't stand with' that it may be more tough then I can hold?! Maybe I should start with allowing myself once or twice a week and go from there on and on, with little steps.....once a week once for two weeks and so on... what do you think?

=====
=====

Re: I need your advice

Posted by TheJester - 05 Jun 2011 08:36

[ulay-yachus wrote on 04 Jun 2011 22:34:](#)

I'm now having 40 clean days...

Maybe I should start with allowing myself once or twice a week and go from there on and on, with little steps.....once a week once for two weeks and so on... what do you think?

OK. I'm not a *maven* in recovery. But I am (honestly) a *maven* in corruption, degradation and the *Yetzer Hora*. I don't know how recovery works, but I **do** know how descent (falling) works, and it is bit by bit. The YH prompts you to *touch* the tree - pushes you into it. Then *pick* the fruit. Then *taste* a tiny bit... Before you know it, you've eaten the fruit, and you've fallen completely.

If you have 40 clean days, you have no need of these "once per week" **falls**. They will weaken you, not make you stronger. Giving in is **not** an option for you at this stage - if you want to take on ANYTHING in moderation (small steps), then you should try EXTRA things once or twice per week. And I promise you that the extra things will feel better afterwards than the "small falls" that you are thinking of allowing yourself. If you think that is too much, consider giving yourself small rewards once per week instead - a meal out with your wife, etc.

=====

Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 05 Jun 2011 09:21

Thanks a lot about the chizuk,

What do you mean by EXTRA steps? And what can I do when I feel that saddnes [ATZVOOT] and I can hardly stand with that YH. (today B"H I don't feel that ...)

=====

Re: I'm newI hope I came finally to the right place
Posted by TheJester - 05 Jun 2011 09:35

[ulay-yachus wrote on 05 Jun 2011 09:21:](#)

What do you mean by EXTRA steps?

It seems that you need something extra. Your YH has convinced you that it is acting out. But you can fight back and say "Great idea, YH - I'll take your 'once or twice per week' advice, but instead of acting out, I will read a *shiur* on *Shmiras Eynayim*. Or I will take 10% of that 3000NIS I would have to pay, and treat myself and my wife to a nice steak. You will end up enjoying it more than acting out, and you will feel better afterwards, and for all of your life. And you will not fall as a result. That's a triple gain.

And what can I do when I feel that saddnes [ATZVOOT] and I can hardly stand with that YH. (today B"H I don't feel that ...)

This is heavy stuff, and I do not have the answer. I read something in [Tanya\(LINK\)](#) once that might help - I'll see if I can remember it. Serene Smile might help out here. By realizing that the urges are not your problem, and come from outside of you, and are just a part of being human, and moreover, this could be the battle you are put here to win!

*When it comes to depression over matters between you and G?d, however, in that case you need to **take some advice** seriously to get rid of it. Obviously, this is so when you are in the middle of doing G?d's work—because working for G?d must be with joy and wholeheartedness. But it is so even for a businessperson involved in worldly affairs: If you suddenly find yourself depressed or concerned over matters between you and G?d in the middle of your business, this is plainly a trap of the yetzer, intended to bring you down into a pleasure-seeking state afterwards.*

...

What if your depression is not from a nagging sense of guilt over sins, but from immoral fantasies and destructive urges that keep falling into your mind?

It all depends on what you are doing at the time. Let's say we are not talking about these thoughts falling into your mind at your time for prayer and study, but rather when you are occupied with your business and other day to day concerns. Then, on the contrary, **you should rejoice in your lot. Yes, these fantasies fall into your mind, but nevertheless you take your mind off of them. You are fulfilling the words, "...and you shall not follow your heart and your eyes after which you tend to stray."**

=====

=====

Re: I'm newI hope I came finally to the right place
Posted by laagvokeles - 05 Jun 2011 15:53

???? ?? ????? ???.

?????? ?????? ????? ?????? ??? ????? ?? ??

??? ??? ????? ?? ????????

=====

=====

Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 06 Jun 2011 19:55

BS"D

Hasdey Hashem! Today I have 43 claien days! May hashem help me to be clean and pure' and serve him as much as I can!

Lasot Elokay Retzoncha Hafatzty - The only thing I want is to do your will....

=====

=====

Re: I'm newI hope I came finally to the right place
Posted by 1daat - 07 Jun 2011 02:58

UY, This is a miracle, yes? 43 days! After what your life used to be like?

Here's something that someone on GYE taught me about "extra things" to do. Look for little chesed things to do every day. Really look for them. Do the dishes for your wife. Take all the kids out and give her an hour to herself. Bring the kids a little something when you come home from work. Let somebody in a hurry get in front of you in a line. Instead of giving someone a few coins for tzedakkah, give them some real money! Tell someone you work with you appreciate them. Look for every opportunity you can to do a little extra chesed. Make it a project.

I am also a maven on self deception. the "once or twice a week" idea is totally yetzer harah. No question about it. Forget about it. Keep on doing what you're doing. Add a little bit at a time from the handbook. An accountability partner, online SA groups to start, give chizuk to other guys. Just keep going. You are doing amazingly.

=====

Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 09 Jun 2011 22:43

(Again my English isn't so good]

Today , I'm on my 45th clean day....who could believe that?! I can't! I just can't believe that I made it, with a lot of help from HASHEM! THANK YOU HASHEM THANK YOU HASHEM AND GAGIN THANK YOU!

At the former Motzay Shabat I almost fall, I had a lust attack, and I was sure - that I'm going to fall. Since I made a vow, that I have to pay money for tzedoke ' everytime I come into non-tznuim sites on the net - I felt that I can't fall on the net, but my wife told me to go to my mother house, from some reason - so I thought to my self - : "Ok she has TV [I don't have] and I didn't make a vow about TV....BUT then bezrat hashem, the plans were changed' and I didn't have to go to my mom.....so I remain clean until today.....I see it as a miracle...

I want to ask you guys, those who have a half year or so, clean - how is the feeling after 90 days clean, is it such a relief? because I see on this forum, that there are many, who keep

falling after the 90 days?

Thanks

=====
=====

Re: I'm newI hope I came finally to the right place
Posted by Eye.nonymous - 10 Jun 2011 06:40

Hello Ulay-Yachus,

I see a lot of similarities between us. Similar age, similar family situation, been in the struggle for about the same amount of time.

So, I think you might identify with my thread and find it useful:

www.guardyoureyes.org/forum/index.php?topic=634.msg8690#msg8690

Good luck,

--Eye.

=====
=====

Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 11 Jun 2011 22:10

bs"d

I don't have time to write, but I just want to write to myself, and to you all, that I had a hard time,

on shabes, and I feel like I have to m*....It's burnning in me...I pray , that I won't do it.....

???????????? ???? ?????? ??????, ?????? ??????: ?????-????? ????????, ??????--?????-??????
????????????, ??? ???-????????? :-\

=====
=====

Re: I'm newI hope I came finally to the right place
Posted by laagvokeles - 11 Jun 2011 22:29

????? ?? ??????

;D

=====
=====

Re: I'm newI hope I came finally to the right place
Posted by Eye.nonymous - 12 Jun 2011 05:26

UY,

How are you holding up?

--Eye.

=====
=====

Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 12 Jun 2011 21:57

BS"D

I have a really bad day today, although I didn't fall yet.... I had some hard feelings because of few things, and the only way I know, to handle these feeling, is by acting out....What is even more bothring me, is the fact that I keep telling my self - if after so many clean days, you still feel so crazy about this lust, how will you be able to stick with this mission of "being clean" for your entire life?

I think that my saddness was also becuase my ego has broken, I consider my self as someone who has high wills, and here I'm going to finish with that disturbing thing' called lust, but I'm still stuck with these dirty, unholy and ugly stuff.

I red the daily chizuk today, and I felt like it talks about me.... the feeling that, oy li mitzri, and oy li miyotzry. because deep in heart, there is a thought, which tells me : "Stop fighting! Can't you see that you are in the yetzer hara hands?! Why should you take a lost battle from the first place? be [chas ve chalila] mumar for one aviera.....will you suffer for your whole life?" I know these are very hard words to say, but if I want to be honnest with my self - I need to know that they are in me.

This is how I feel in the darkness.... I so much belive in the words of chazal : "masbio raev", but I didn't reach the "marivo savea" even I already had 48 clean days.

Is there any alternative activity to m*, which can lead to reduce the lust when it attacks you?

Hashem Yazor!!!!

I

=====

=====

Re: I'm newI hope I came finally to the right place
Posted by Eye.nonymous - 13 Jun 2011 04:58

[ulay-yachus wrote on 12 Jun 2011 21:57:](#)

BS"D

I had some hard feelings because of few things, and the only way I know, to handle these feeling, is by acting out.....

Is there any alternative activity to m*, which can lead to reduce the lust when it attacks you?

You've got the answer right there! You've got to pick up on those feelings and deal with THEM before they drive you to act out!

Make a list of other activities you like to do, and it doesn't have to be anything fancy. Sometimes just sitting down for a cup of tea, listening to some music, going for a short walk, can change your mood. But, most importantly, figure out what those feelings are and FACE THEM.

Hope this was helpful.

--Eye.

=====

=====