

trying to be a Jewish Jew for at least 90 days!

Posted by jewish jew - 02 May 2012 16:55

I have been having problems since being a child in school!

There were two friends who would do it with me in hideouts in school and a bochur in shul who even asked me to have oral when I was a child! (Didn't do it because it disgusted me the idea) In Yeshiva they almost threw me out (I learnt in a strict chassidishe yeshiva) for doing wrong things with others, but I managed to stay in.

Ever since one of those wrongdoing friends of mine taught me the "art" of m*sturbation I have been doing so in many forms and ways all the time (I had a short period of time when I stopped (paused) in yeshiva gedolah)

Then I got into it even more I had a place where there was a TV and I used to watch Hollywood fashion explaining what is meant to be nice (they go into every detail) and I used to kiss the woman on screen and then I found the real trouble, p*rn which has never stopped since. I just keep on promising not to look again but never actually worked so here I am in GYE trying to start my recovery. (I didn't want to write how there was times that I was searching for Zonahs. Luckily I never found only dreamt about them)

Now I have started the 90 days and yesterday was the first I almost messed it up with a fall, I had last night a crazy urge which normally I would have fallen but since yesterday was my first I said push it off for another day, and it worked.

But I did slip I saw an article about a woman (famous where I lived) who they had caught again n*de so I searched it and got a bit hooked but then stopped myself. The reason I call this a slip not a fall is because I think this is the first time I have stopped myself in middle of looking at such things and not continuing and falling.

so now towards the end of day two and no major problem today, but I know the yetzer harah waits and gives you a good felling and then hits back double as hard so I am just moving along and preparing for the next battle.

sorry if i just wrote about all (most) of what happened to me and it wasn't nice (triggering) or boring, i just had to get it out!

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Re: trying to be a Jewish Jew for at least 90 days!

Posted by jewish jew - 07 May 2012 17:10

Both Nesher and Elya are right but when the battle starts I can't focus well enough and control what I am doing, I just faze out and go onto automatic.

I have to get myself to control what I am doing at all times (automatic mode won't help) and then be able to surrender to Hashem.

thanx for your help
JJ

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Re: trying to be a Jewish Jew for at least 90 days!
Posted by Machshovo Tova - 07 May 2012 17:24

Dear JJ,

May I add that you need to control not only what you are doing, but also what you are thinking. "Sof maaseh bemachshovo techila". I once desperately browsed through many volumes of the Igros Kodesh by the Lubavitcher Rebbe zt"l, looking for advice on these struggles. I found that he consistently advised "Hesach Hadaas", to keep the mind occupied and away from lustful thoughts at all times.

Yes, it's not easy, so we must ask Hashem for his assistance.

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MT

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Re: trying to be a Jewish Jew for at least 90 days!
Posted by Nesher - 07 May 2012 18:41

JJ, you must use Taphsic. It worked wonders for me: www.guardyoureyes.com/articles/tips-suggestions/item/the-taphsic-method-made-simple

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Re: trying to be a Jewish Jew for at least 90 days!
Posted by ImGonnaWin - 07 May 2012 22:22

I think Nesher has the right idea here. I know for me, the only thing that's keeping me clean (at this very moment, in fact) is that I have this shvua. It's worth giving it a try for a little bit.

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Re: trying to be a Jewish Jew for at least 90 days!
Posted by jewish jew - 08 May 2012 06:14

OK i have just downloaded the Taphsic shavua and gonna get to work at it straight away, to see what thing(s) I have to do before a normal knas and what knas ammounts i can take upon myself.

thanx for all the support
bye for now JJ

2 days clean (on my second count)

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Re: trying to be a Jewish Jew for at least 90 days!
Posted by Nesher - 08 May 2012 11:36

JJ, if you are going to keep a count of your days, you gotta include all days (including the nonconsecutive days). You get every little bit of schus for every single day you don't fall regardless of whether they are consecutive or not. Every single day is a precious, stunning, brilliant and beautiful diamond that is yours to keep FOREVER. You never lose it.

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Re: trying to be a Jewish Jew for at least 90 days!
Posted by Blind Beggar - 08 May 2012 12:56

The GYE Chart keeps count of your total clean days as well as your present clean streak. Sign up here: www.guardyoureyes.org/woh/signup.php

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Re: trying to be a Jewish Jew for at least 90 days!
Posted by jewish jew - 08 May 2012 13:03

thanx BB I have already signed up before and I have accumulated 7 clean days

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Re: trying to be a Jewish Jew for at least 90 days!
Posted by obormottel - 08 May 2012 18:52

Very cool!

I found that the reason to keep count of consecutive days is that it would be a shame to loose that and start over (for me). But my original sobriety date is precious, too, because this is when I made a conscious decision to give this fight over to a Power Greater than me (even though at that point it was GYE I gave the fight over to). So the time lapsed from that date, even though it may be interrupted by an occasional fall, is precious and worthy of keeping track of.

Hatzlocho,

Mottel

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Re: trying to be a Jewish Jew for at least 90 days!
Posted by jewish jew - 10 May 2012 07:19

What a fall!!

I am laughing (sadly) at myself that I had to search hard last "night" (3 am) to find something that triggered me and it wasn't even that good!

It started off on a business article in one of the finance sites and from there I just spiraled down, because of seeing an article (after the business one) where the fashion is up to (its up to wacky

lewd things and please don't check it up I have fallen because of it) I just couldn't stop myself and searched for over a hour afterwards, going from bad to worse and eventually acting out!

Well, at least i have accumulated 9 days. I just don't seem to manage past a week!

And at least I know what i have to do:

1. Get the THaPHsic method going. I said I will but I haven't decided on the criteria yet! (going to work on it straight away I hope by tonight i will update my friends (posters) on GYE that i have a THaPHsic method in place)
2. Is to keep on moving (trucking) and not let myself down because of the fall

Bye for now and davening for success JJ

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Re: trying to be a Jewish Jew for at least 90 days!
Posted by ImGonnaWin - 10 May 2012 16:11

It's great that you have a plan and you know what to work on.
And, I can't say enough good things about taphsic. It's really great you're working with it.

Keep on trucking!

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Re: trying to be a Jewish Jew for at least 90 days!
Posted by tehylimzugger - 11 May 2012 07:26

Life is like a bike:

When it's hard you know you're going up.

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Re: trying to be a Jewish Jew for at least 90 days!
Posted by jewish jew - 13 May 2012 11:25

I wasn't by a computer for the past two days so I couldn't update that I have been thinking about a good THaPHsic nusach and finally got one and did it! I am now hoping to crack the 4 days which I haven't managed to do twice!

Bye for now JJ

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Re: trying to be a Jewish Jew for at least 90 days!
Posted by ImGonnaWin - 15 May 2012 15:02

Hatzlacha!!!

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