

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 E-Tek - 18 Jun 2012 18:36

I'm with you. I'm being plagued by the thoughts from my most recent falls, with the occasional bonus thought of something I saw/read 4 years or so ago...

The Y"H is good. Hashem is better. All He wants is me. Unfortunately, sometimes the "me" is lacking. Today was one such day... Long story... but Hashem stepped in! Life is great!

B'Ahava,

Meir

Hashem, just today. PLEASE!

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

Posted by obormottel - 18 Jun 2012 18:56

Yeah, surrender is a daily, maybe even hourly exercise.

I also find it helpful to surrender my right to fantasize (for today, 'cause I may want to fantasize tomorrow).

Keep chiseling away at this.

Mottel

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

Posted by jewish jew - 18 Jun 2012 22:10

OK back to basics (not that I was ever not in basics)

I have started again not tomorrow but a second after the double fall. I have already said "Listen Hashem you know me well enough to know that I love porn etc. and falling is part of the path and growth to get out of the problem (so long as it is a fall and not my place down there). So far I am still kicking which means you still love me, have a purpose in me and want me to get up and back on the right track"

So here I am reporting about a fall but for the first time I didn't get into the stage of no mans land

for a few days, until I get up and keep on trucking.

Love you all. Tomorrow I am finished with the home alone case I was in for a few days JJ

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Re: trying to be a Jewish Jew for at least 90 days!
Posted by obormottel - 19 Jun 2012 14:27

I love that, that's a great attitude to have.

Not lyush, but no bravado, either.

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"So far I am still kicking which means you still love me, have a purpose in me and want me to get up and back on the right track"

I gotta remember this myself...

KUTRA!

Mottel

P.S. I'm not gonna wait for you to ask: Keep Up The Right Attitude!

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Re: trying to be a Jewish Jew for at least 90 days!
Posted by Dov - 19 Jun 2012 15:46

Geshmak! Standard fare, for my friends and I...

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Re: trying to be a Jewish Jew for at least 90 days!
Posted by Eye.nonymous - 27 Jun 2012 11:48

Sounds like progress.

KUTGW,

--Elyah

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

Posted by jewish jew - 27 Jun 2012 12:04

Big progress has been going on the past few days I have managed to keep clear of any slips B"H. But the progress has come from a different area all together. I have a rabbi who is one of a kind in understanding the complicated human personality and actually has a certain degree in it. He has helped me out and shown me why I don't have a normal relationship with my wife, how to start to fix things and what marriage and life is all about. That has really begun building me and I have just been finding myself content enough with other things and not having to run away to porn etc. as an escape from my life.

But I must admit the other day I really wanted to look at a topless girl but managed to stay clear with Hashem help.(I still have that urge now too. For some reason I have a craze over topless more than other stuff, weird... no?!)

by for now JJ

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

Posted by obormottel - 27 Jun 2012 14:46

Hey, buddy,

self-knowledge is good, but it's no panacea. Keep working this one day at a time.

You don't have to tell what exactly turns you on (and why is it weird? mammary glands are very attractive to men, no? here is a joke from my sexaholic past, when I used to objectify women: why did G-d give women breasts? so that men would talk to them).

But we all know that we worship body parts, and we all know where particular body parts go to

make us feel particularly good, so there is no need for explicit description.

But by telling us your temptations, you're giving them up and not keeping them secretly locked up in your head, and that's definitely good and progress.

So keep the honest reporting coming, just dress it up a bit for all us goofballs and bodypart lovers out here.

Mottel

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

Posted by jewish jew - 01 Jul 2012 13:26

I would write back to point one. But that is not what we believe we say Keep On Trucking from where you are and no clean days go to waste!

On Shabbos I felt it was going to happen but managed to push it off until today and then today I had the fall (it was a bit upsetting that the fall was on pictures and not videos like I would have)

I would try blocking the picture website but it is very complicated and I think there is always ways to get around. What I have to do is change my way of thought and not so much the computer!

JJ

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

Posted by Eye.nonymous - 01 Jul 2012 13:37

[jewish wrote on 27 Jun 2012 12:04:](#)

He has helped me out and shown me why I don't have a normal relationship with my wife, how to start to fix things and what marriage and life is all about. That has really begun building me

and I have just been finding myself content enough with other things and not having to run away to porn etc. as an escape from my life.

What did he say?

--Elyah

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

Posted by jewish jew - 02 Jul 2012 11:00

Elya I can't say what he said because it is not for most of you out there, it has to do with something personal. Secondly right now I have to reverse things to build back in the right way, that reverse is good for me but hurts too and that is the main reason that yesterday I lost my marbles and masturbated on porn. He explained to me what I have to do to reverse and rebuild and in the mean time not to lose myself.

Secondly last night I realized that I am not interested in 90 days anymore my mind is set on "one day everyday". The reason why I like doing the 90 day chart is to see progress and how many days I am already clean and not as a target to get there.(maybe after reading about it so much my mind has changed automatically without me realizing that I don't crave to get to 90 I just want "a day")

bye for now JJ

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

Posted by Dov - 02 Jul 2012 16:32

[jewish wrote on 02 Jul 2012 11:00:](#)

Secondly last night I realized that I am not interested in 90 days anymore my mind is set on

"one day everyday". The reason why I like doing the 90 day chart is to see progress and how many days I am already clean and not as a target to get there.(maybe after reading about it so much my mind has changed automatically without me realizing that I don't crave to get to 90 I just want "a day")

bye for now JJ

Wow! Woop! This is gorgeous....and just plain sensible, too.

Continued hatzlocha, brother.

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

Posted by jewish jew - 12 Jul 2012 11:57

I have been away for a while and one of the places that I was there had open internet and you can imagine what happened :-[. But at least I told myself no more until I get back home and I managed to keep to my word even though I felt my stomach churning. Now I got back home and guess what I masturbated on p****graphic pictures again :-[.

I just need to cool down and get back into the forums, chizuk emails and the handbook and not to think about the past!!

love you all JJ

I just now had a look around the forum and I think there is quite a lot of new Tzaddikim who have come to GYE to become better. Is it because of Citifield or has GYE gone on an aggressive ad campaign??

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

Posted by E-Tek - 12 Jul 2012 14:43

THE AIBISHTER IS ADVERTISING...

MEIN HEILIGE KINDER, THERE IS A PATH TO KEDUSHA...

IT IS CALLED GYE...

HERE, I WILL SHOW YOU...

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