

Yedid's Count

Posted by yedid_nefesh - 15 May 2012 14:22

Hey people, i have been on GYE for a few years i am now in my late teens finishing off school. I unfortunately havent been to consistent in the foorums so after last nights fall i have decided to start a hopefully daily log of my journey. Anyways hopefully this log will help me focus more on my struggle and with Siyata Dishmaya really help out. I in the past years i have avoided the guidebooks and attitudes thinking not for me but the last few weeks of reading the emails have helped me realise its something that is vital if i want to make progress.

Im reading one attitude from the guide book daily and trying to personalise and absorb each attitude. Todays one is acknowledging that I am addicted which has obviously been tough as im sure most people have experienced that process by now but once again it is necessary if i will want to take the attitudes to heart. Also it is important to recognise when i am the most vulnerable so after llast nights fall i can safely add tha wanting to "chill out" to the list of dangerous times. Now Im not saying its bad to chill out but chilling has to be planned and definately not just surfing.

K got to go and will with Siyata Dishmaya continue this log just mainly ranting on.

TizkeH Lemitzvot

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Re: Yedid's Count

Posted by Machshovo Tova - 17 Jul 2012 14:19

I am not very knowledgeable in these subtle aspects of so-called 'surrenderring lust'. But my common sense tells me (and I've read so by R' alexeliezer) that surrendering means admitting that we cannot control it, and therefore we must avoid it at all costs. So for instance if one is walking in the sweltering heat and comes across an immodestly dressed woman, surrendering would mean that he quickly averts his gaze and admits helplessness and asks for Hashem's help in overcoming this nisayon. But if he keeps his eyeballs glued to the image and is drinking it in and enjoying every second of it, and at the same time he says "I surrender and don't want this", then he's only fooling himself and he is not surrendering, for his actions contradict his words.

I don't know if this relates to your situation, but it helps clarify for myself at least.

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Re: Yedid's Count

Posted by obormottel - 17 Jul 2012 14:25

Also, keep surrendering, however imperfectly, and the feelings will follow. Sur meira first, aseiv
toiv later.

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Re: Yedid's Count

Posted by Gevura Shebyesod - 17 Jul 2012 14:35

I totally relate to that. When I see someone triggering and the urge to keep staring and
fantasizing is overwhelming... My first step must be to tear myself away and look elsewhere or
close my eyes. And I'm dying for another look. Only then do I say "I don't want it, I surrender,
please take it away". The action must come first, only then do the words have meaning.

Just keep practicing it, over and over. It works, and it will become easier with time.

Hatzlacha and KOMT!!!

Gevura!

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Re: Yedid's Count

Posted by alexeliezer - 17 Jul 2012 17:02

Great stuff!

I would just add, in the how-to department, that no matter how careful I am, sometimes I'm
caught off guard and for a moment I see too much. A perfect trigger. I can't deny that I've seen
it. In such a case, I immediately start davening, asking Hashem to take this image, to not let it

settle into my mind. I surrender the image to Hashem, and I move on.

Yedid, you're gonna do this!

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Re: Yedid's Count

Posted by yedid_nefesh - 18 Jul 2012 14:36

Thanks everyone a tonne for all the answers! Ive really found them useful in explaining this whole surrendering thing. Anyways today was great and a couple of times when surrendering I felt something really powerful. It really is one of the greatest things that we can do in this struggle. You feel for those few moments that you really are doing the will of Hashem which is of course awesome. Anyways today has benn good, I did experience a 20 minute period when I looked a bit more on the streets than I should have but Im back up. Thanks once again

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Re: Yedid's Count

Posted by Machshovo Tova - 18 Jul 2012 14:42

It's great to hear great news, yedid. And remember, practice makes perfect. Accept your slips as normal, but keep on trucking! We can learn from our addiction that "hergel naaseh teva". Eventually, this will be"H become a second nature - to enjoy the aewsome glory of Hashem instead of wallowing in filthy drunkenness.

Hatzlacha

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Re: Yedid's Count

Posted by yedid_nefesh - 19 Jul 2012 19:11

Baruch Hashem Day 3 tonight. Good day for shemirat eiynayim. I'm talking to Hashem more during the day and I can finally start to see the big deal about "letting go and letting G-d".

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Re: Yedid's Count

Posted by yedid_nefesh - 21 Jul 2012 17:15

Shavua tov, gut voch. Baruch Hashem day 5 tonight. I did have a slip with shemiras eiynayim today at lunch but with siyata dishaya I got through it and am fine now. Motzai Shabbos is upon us and I have heard that the reason we might feel low is because on Shabbos we gain an extra crown and once that is taken from us we may feel a bit empty. Also, it's the night where the goyim set out in search of empty pleasures - partying, drinking etc and we yidden somehow are affected by the tumah that they bring into the world at this time. On the way back from shul tonight there was the voice screaming "oy!, it's motzai Shabbos, so difficult, so many previous falls" but it's the yetzer blowing everything out of proportion as usual so I'm trying for tonight to remain calm and treat it like any other night. Will try to do some work and hopefully learn anyways that's all for now thanks.

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Re: Yedid's Count

Posted by yedid_nefesh - 22 Jul 2012 11:10

Fell last night. But, how was last night different from other nights? . I only acted out once and this time I was Baruch Hashem able to go against the impulse of "oh, you fell once you might as well go all out". So instead of going to sleep at 3:30 AM I got a good night and therefore did not have to waste the whole day today. I will know for future motzai Shabboses to stay far away from the computer and even for GYE purposes.

Tizkeh Lemitzvot.

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Re: Yedid's Count

Posted by alexeliezer - 22 Jul 2012 12:18

Agree.

A basic geder is not to allow yourself in the room where the computer is if there isn't someone

else watching. Also a good idea not to get on at all at night.
Any chance of installing accountability software like webchaver?

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Re: Yedid's Count
Posted by yedid_nefesh - 22 Jul 2012 14:22

sorry alexeliezer - the computers that I use are not my own. I dont think my parents will be to keen on me installing such software because it may interfere with their own usage for work and stuff. The only sites I go on are GYE and sites for shiurim and fpr school work. and I dont like going even on frum news website cause i can get sucked in and waste time. I know I only have myself to blame but last nights fall started with opening a link for some site that a friend sent me and from there it went downhill. You are 100% right - it willl be a good idea to identify my times of weakness in the week and stay for away at those times.

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Re: Yedid's Count
Posted by yedid_nefesh - 22 Jul 2012 14:54

ha! , i got it. When i entered the GYE arena in May i thought to myself "take as much time as you need every day on GYE cause its for a holy cause". But, now the yetzer has taken advantage and it might even be wasting my time to spend so much time here reading old posts. I will bli neder limit myself to 15 minutes per day on internet which includes GYE - chizuk emails, posts and reading my daily attitude as well as other Torah learning/shiurim online. This 15 minutes does not include school work. Sorry im a bit over my limit for today so bye!

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Re: Yedid's Count
Posted by yedid_nefesh - 29 Jul 2012 10:25

Tisha Bav today and day 5. It has been a more meaningful day so far than other past Tisha Baavs. These bad machshovas kept coming to me during kinot but I don't need to make them a part of my life in any way. Instead I surrender to Hashem and ask that his will be done, not mine. Yesterday's 'no' and today's 'no' and tomorrow's 'no' will eventually accumulate and allow me to break free. The lust has died down for now but starting from tonight I'm going to facing a very stressful period with a lot of work so more than now than ever I have to be on high alert

and just follow the steps that were once set out by the holy founders of GYE - even if they make no sense at this moment.

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Re: Yedid's Count

Posted by obormottel - 29 Jul 2012 14:44

Go, Yedid, go!

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