

My journy

Posted by some_guy - 27 Sep 2012 00:08

I am going to try to update my journy every day. Right now I am on day 2. I usually fall around day 3. Hopfully I will come here instead of some other site. Any chizuk or advice is be greatly appreciated. Thank you.

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Re: My journy

Posted by jewish jew - 25 Nov 2012 17:06

Dov, well written well said!!

Yitzchok

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Re: My journy

Posted by nederman - 25 Nov 2012 17:22

Some_guy,

Once you wrote that you became frum even though your family did not. If you had to write a paragraph to inspire another guy with your same background to do the same, what would you write?

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Re: My journy

Posted by some_guy - 25 Nov 2012 19:24

Today is day 3.

Dear nederman,

The advantages of being frum are not tangible. They are not even logical. They are spiritual. Now, how does one prove a such a thing. Simply go to a rabbi's Sabbath dinner. It seems like a normal dinner with chicken and soup, but something is different. It is hard to summarize the feeling that the room is full of. The warmth that fills every act and everything with significance and awe. This feeling, this warmth, is love. The true love that comes from loving G-d and your neighbor more than yourself. That is why I am frum. I want my children and my children's children to feel this love in their every day life.

Sincerely, Elias

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Re: My journey

Posted by Dov - 25 Nov 2012 21:10

Sweet. Wow. I can't think of a better way to say what it's all about. Thanks, Elias.

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Re: My journey

Posted by nederman - 25 Nov 2012 21:19

[some_guy wrote on 25 Nov 2012 19:24:](#)

Today is day 3.

Dear nederman,

The advantages of being frum are not tangible. They are not even logical. They are spiritual. Now, how does one prove a such a thing. Simply go to a rabbi's Sabbath dinner. It seems like a normal dinner with chicken and soup, but something is different. It is hard to summarize the feeling that the room is full of. The warmth that fills every act and everything with significance and awe. This feeling, this warmth, is love. The true love that comes from loving G-d and your neighbor more than yourself. That is why I am frum. I want my children and my children's children to feel this love in their every day life.

Sincerely, Elias

Great. Look at your pros and cons then. Is this enough for you to show up at an SA meeting or to remind yourself that you have a choice not to lust?

Advantages and disadvantages of acting out:

Advantages:

1. Acting out makes my tension go away.
2. Acting out makes it easy for me to fall asleep.
3. It feels really good.

Disadvantages:

1. Acting out makes me depressed because I am perfectionist and when I act out I tell myself that I am imperfect. It takes me days to get back on track.
2. I tend to label myself as a hypocrite. I cannot even pray for forgiveness afterwards.
3. I have to use my family's computer and I feel fear because I could get caught.
4. I am making it difficult to see my future wife as more than an object.
5. The advantages of being frum are not tangible. They are not even logical. They are spiritual. Now, how does one prove a such a thing. Simply go to a rabbi's Sabbath dinner. It seems like a normal dinner with chicken and soup, but something is different. It is hard to summarize the feeling that the room is full of. The warmth that fills every act and everything with significance and awe. This feeling, this warmth, is love. The true love that comes from loving G-d and your neighbor more than yourself. That is why I am frum. I want my children and my children's children to feel this love in their every day life. Acting out will destroy that dream.

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Re: My journey

Posted by some_guy - 27 Nov 2012 21:24

Today is day 2.

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Re: My journey

Posted by some_guy - 28 Nov 2012 20:49

Today is day 3.

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Re: My journey

Posted by some_guy - 29 Nov 2012 21:34

Today is day 4. I feel so excited! It did not seem as hard to get past day 3 this time. I am kind of worried that I am about to have a sudden lust attack soon. It has just seemed too easy.

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Re: My journey

Posted by Antartic - 29 Nov 2012 23:50

Dont be afraid. You have the tools...

I know you can do it!

BeSiata Dishmaya!

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Re: My journey

Posted by Dov - 30 Nov 2012 15:44

If you are just sitting there and waiting not to lust...or to lust....then you are a sitting duck. The freebies you get will slip away as easily as they came, and you would really be right: it's too

easy.

I again suggest you work some sort of program and get some sort of real help. Try *something* - anything that you feel has real evidence of success. Chotch something (maybe u only speak).

Have a sweet Shabbos!

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Re: My journy
yeshivish
Posted by some_guy - 02 Dec 2012 00:35

Today is day 5. I had some trouble today, but I didn't fall! I feel so proud of myself for going this long.

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Re: My journy
Posted by Dov - 02 Dec 2012 20:26

It is certainly a big brocha!

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Re: My journy
Posted by some_guy - 03 Dec 2012 15:09

Today is going to be day one.

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Re: My journy

Posted by Machshovo Tova - 03 Dec 2012 15:16

Day one is the biggest brocha we can achieve. What can be better than a clean day? May we merit to continuously have this brocha.

Hatzlacha

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