

MBJ's 90 day (and more) Journey

Posted by MBJ - 04 Nov 2012 13:48

My heart is pounding out of my chest right now as I put these thoughts on "paper". This is the first time I am being completely honest about my problem, and it is very scary.

I am writing this mostly because I think getting these feelings and thoughts out of my head will be cathartic and if by chance I can help someone else, that would be wonderful.

I have been struggling with this problem for better than 20 years. I started with these thoughts and actions at a very young age. While I can't remember exactly how old I was I am sure I was not yet 10 years old, I think that 8 is a closer approximation. When I got my first computer at age 16 with an internet connection, it got a lot worse.

I went through up and down periods sometimes falling "only" once a week, sometimes everyday. I am still not sure if I would consider myself addicted to p***, but I sure as heck am addicted to m*****. For me the p*** was always a means to an end and not an end itself. As soon as I finished being mzf, I would turn off the p*** because I found it disgusting. I only wished I had found it so disgusting 5 minutes earlier.

I tried to stop many times only to fail after a week, two weeks even three weeks. Maybe when I first got married I was able to hold off a little longer, but even that did not stop me forever. It is funny I never davened to Hashem to take away my urge for lust. For some reason I felt that if I didn't stop on my own my Teshuva would be imperfect and I would not be completely forgiven. This past Rosh Hashana I realized that this line of thinking was getting me absolutely nowhere. They say by Neilah, you should take on one Asei and one Lo Ta'asei to work on the coming year. Like a broken record year after year, my Lo Ta'asei was always the same. Clearly my thinking was flawed. This year I davened to Hashem to help me kick this horrible habit. So baruch Hashem, since Erev Yom Kippur I have kept myself pure. I have had 41 clean days now, and I can't believe how easy it has been. Not to say I haven't had temptations, but nothing a small slap in the face and telling myself, "I am not doing anything stupid today" hasn't stymied. In the past my hands would literally start shaking two weeks into my trying to stop with the need for physical relief.

I think I wrote enough for today, hopefully I can update more tomorrow with my 42nd clean day (6 weeks).

Kol Tuv,
MBJ

=====

Re: MBJ's 90 day (and more) Journey

Posted by Machshovo Tova - 30 Jul 2014 18:20

[MBJ wrote:](#)

...So I was walking home today and I noticed ... b* s* ...

Yeah, it's BS like all other BS. Don't let it get to you. Just ignore all those pesky distractions and keep focused on your destiny. (Just talkin' to myself - hope nobody minds.)

Hatzlacha

MT

=====

Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 13 Aug 2014 10:15

this is the 90 day forum, so let me update my status. 365 days. woohoo. 1 year, now I can go celebrate with some porn and masturbation. Maybe I'll go to a club for the first time to celebrate.

STOP!!! I am only kidding. Before I get all the responses, it is a joke.

Seriously, can't say it was a perfect year. Had slips, some really bad ones that were almost falls, but a year it is, and ain't no one who can take it away from me.

I still have so much further to go, I feel like my journey has only just started, and I guess it has. But looking back, I see that I have come so far since I started. So thank you Hashem for getting me here, and thank you GYE for helping me along the way.

And of course let me preempt all those others, I know still one day at a time.

Now I just have to fight the urge to not tell my wife that I have reached a big milestone.

=====

Re: MBJ's 90 day (and more) Journey
Posted by dd - 13 Aug 2014 11:11

MAZEL TOV!!!!

may you continue many many years to come with much hatzlacha!!

=====

Re: MBJ's 90 day (and more) Journey
Posted by Pidaini - 13 Aug 2014 12:59

WOW!! Thank You for the update!! and A WOOOOHOOOOO to you too!!!

I spoke to Dov last night, he was relating his view on "focusing" on the amount of days of sobriety. He was saying how if he'd tell his wife "Honey, we have to celebrate!! I got two years of sobriety!!" she'd probably turn around and say "yippee, so you didn't shoot yourself in your head for two years....woooooooooow! [rolling eyes]".

Yes, it is good to be aware of our progress, it is awesome actually, but as MBJ showed so nicely, it is hardly time for celebration....which reminds me

My father told me a vort in the name of Tiferes Oozee'eil. He says that the reason the Pasuk says "do not rejoice when your enemy [The YH] falls" is because he's right around the corner on his way back!!

If one year would be a magic number, it would be time for rejoicing, but since it's not, MBJ's attitude is spot on!!

KUTGW friend!!! KOMT!!! KIT!!!!

=====

Re: MBJ's 90 day (and more) Journey
Posted by Gevura Shebyesod - 13 Aug 2014 18:28

Mazel Tov!!!

Asach yiddish nachas... um... tizku livnos bayis neeman... um.... Tizkeh lemitzvos... um... ALL

=====

Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 13 Aug 2014 18:37

Great stuff!

Yasherkoach!

I don't have a year straight, but I also struggle with the 'tellin' the wife' issue.

I hear you there.

Keep bein' mechazek us.

b'hatzlachah

OF THE ABOVE!

=====

=====

Re: MBJ's 90 day (and more) Journey
Posted by ZemirosShabbos - 13 Aug 2014 19:05

Mazel Tov!

kol hakavod to you!

=====

=====

Re: MBJ's 90 day (and more) Journey
Posted by skeptical - 13 Aug 2014 19:56

Mazel Tov!!

Keep on keeping on!

=====

=====

Re: MBJ's 90 day (and more) Journey
Posted by MendelZ - 14 Aug 2014 00:09

Mazel tov!!! Very happy for you.

=====

=====

Re: MBJ's 90 day (and more) Journey
Posted by dms1234 - 14 Aug 2014 04:02

WHOAHHHHHHHHHHHHHHHHHHHHH! MAZEL TOV!

=====
=====

But remember one day at a time.....OOPS! You wrote that in your post, i forget

Re: MBJ's 90 day (and more) Journey

Posted by lavi - 14 Aug 2014 15:59

mazal tov.

you are giving me a chizzuk to try and get there.

truth is we should have a virtual party, since we can relate to it more than others,

zemmy always has cholent ready.

=====
=====

Re: MBJ's 90 day (and more) Journey

Posted by gibbor120 - 20 Aug 2014 00:27

MAZAL TOV! Great News! Halevei Veiter!

=====
=====

Re: MBJ's 90 day (and more) Journey

Posted by StonerDan - 22 Aug 2014 02:54

incredibly awesome and inspiring! thanks for sharing

much love

=====
=====

Re: MBJ's 90 day (and more) Journey

Posted by Dov - 22 Aug 2014 19:51

[MBJ wrote:](#)

this is the 90 day forum, so let me update my status. 365 days. woohoo. 1 year, now I can go celebrate with some porn and masturbation. Maybe I'll go to a club for the first time to celebrate.

STOP!!! I am only kidding. Before I get all the responses, it is a joke.

Seriously, can't say it was a perfect year. Had slips, some really bad ones that were almost falls, but a year it is, and ain't no one who can take it away from me.

I still have so much further to go, I feel like my journey has only just started, and I guess it has. But looking back, I see that I have come so far since I started. So thank you Hashem for getting me here, and thank you GYE for helping me along the way.

And of course let me preempt all those others, I know still one day at a time.

Now I just have to fight the urge to not tell my wife that I have reached a big milestone.

Wow, beautiful....but did you at least have a lechayim, a quiet smile with Hashem,

Today is my favorite day to be sober, and i'd trade a sober *today* for every anniversary I may ever have.

My today has gotta be geshmak! (almost a direct quote from R' TzviMeyer Z.)

=====

=====