

On the way to 90 (and Beyond)

Posted by Binyomin5766 - 31 Dec 2008 13:57

Well, I've been clean for 10 days now. Getting through the nights is the most difficult because that is when I've been most likely to fall. On the other hand, my state of mind and the content of my thoughts during the day are the fuel for the fire. If I can control my mind during the day, controlling my body at night is that much easier. Some days have been more difficult, and my coworkers aren't exactly concerned about purity or modesty or any other such thing. G-d willing, I'll make it through today and then get a bit of a break. I have company paid holidays tomorrow and Friday (and at least some of my family will be with me each day). Shabbos has always been easier for me, so it's possible that things will be smoother for four days. I just have to get through today!

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Re: On the way to 90

Posted by Binyomin5766 - 08 Jan 2009 13:48

Wow, its hard to believe but I have completed 18 clean days. Chai! Last night was a bigger struggle than I've had since I began this new effort, but a really focused bedtime Shema helped. BTW, I do a full bedtime Shema, not just the three paragraphs. I concentrated on overcoming the Y"H while reciting and by the time I was done, the urge to masturbate had subsided.

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Re: On the way to 90

Posted by the.guard - 08 Jan 2009 16:09

Jack, you don't sound like a broken record, you sound like the announcement that goes out every day from har Chorev saying "Oy Lahem Labriyos Mei'elbona shel Torah".... And you are announcing every day "Oy Lehem Labriyos that don't take this seriously and do what they need to do"! :D

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Re: On the way to 90

Posted by Binyomin5766 - 11 Jan 2009 01:50

Well, here we are. It is Moetzei Shabbos and yesterday was the completion of 20 clean days. If I get through tonight, I will have completed three weeks. This is just amazing to me. I haven't seen this kind of success for quite a while. Of course, now I have to be extra careful. I know that if I let my guard down in the least, the Y"H will attack and cause me to stumble. I have fallen that way before. I have to keep up my guard, and be more careful than ever.

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Re: On the way to 90
Posted by the.guard - 11 Jan 2009 23:06

Keep up the good work. The Yetzer Hara is being bombed from air, ground and sea!

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Re: On the way to 90
Posted by Binyomin5766 - 12 Jan 2009 15:00

Another two days down and I'm up to twenty two. There have been some pretty big struggles on the way, but, B"H, I've thus far overcome everything that has come my way. I've had a few strong images pop into my head in the past couple of days; the Y"H is still fighting hard. I also had a few disturbing thoughts while I was with my wife; thankfully the thoughts didn't last real long, but the shock kind of lingers. It is difficult, but I'm feeling better about myself than I have in a long time. I still have a long way to go, and the fight will last a lifetime, but it is nice to feel a sense of progress.

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Re: On the way to 90
Posted by the.guard - 12 Jan 2009 15:26

The more we DO (or don't do) in physical actions, the more our mind and thoughts will come around as well. Don't let thoughts get you down. See some good ideas [here](#).

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Re: On the way to 90

Posted by battleworn - 13 Jan 2009 12:45

Dear Ben the Tzadik,

You are truly on the road to success! We are here to fight, and you're doing a great job at it. Every day of staying clean, is a greater accomplishment than the day before. Every day you are bringing Moshiach closer! Every day (actually every second) is more valuable than all the material wealth in the world. **KEEP GOING!!! WE NEED YOU!!!**

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Re: On the way to 90

Posted by Binyomin5766 - 14 Jan 2009 23:27

The battle continues. As of last night, I have now completed 24 clean days. I think this is the best I've done in about a year or so. B"H, all is going well. I'm not saying I'm not struggling. At different points every day I am having to fight the urges. The tools of this board and the website are a great help, as is the encouragement of all the folks here.

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Re: On the way to 90

Posted by the.guard - 15 Jan 2009 13:59

Ben, you are an inspiration to us all. When feeling weak, browse through our [tips section](#) and our [Chizuk e-mail archives](#). And keep posting!

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Re: On the way to 90

Posted by Binyomin5766 - 18 Jan 2009 16:19

I made it through Shabbos feeling pretty strong. The urge is at a bit of an ebb right now, but I can't let my guard down. If anything I need to redouble my efforts. My wife is niddah again and I never know quite how long I will have to wait. I've completed 28 days now and it feels great to

last this long. I can't believe how well things are going. I am so thankful for this group; it is just that little extra boost I need. I can remind myself that I will have to fess up if I fall, and that can be a powerful motivator. I look forward to the day when it will be for the love of Hashem and His Torah that I will keep myself pure. Right now I need lots of different motivations. I'm over 40 years old and I still need to grow up. *sigh* I still have joy in what has been accomplished, though. I guess I just want more for myself, to be able to do whatever I do with the proper motivation.

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Re: On the way to 90

Posted by the.guard - 18 Jan 2009 16:32

Ben, keep up the great work. What do you say to that story in today's e-mail, eh?

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Re: On the way to 90

Posted by Binyomin5766 - 18 Jan 2009 16:54

I haven't opened it yet. I'm at work today and juggling between personal and business. So far they haven't needed me much, so I have some time here and there. I'll get to it soon I hope.

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Re: On the way to 90

Posted by Binyomin5766 - 18 Jan 2009 18:09

What an amazing story! It's a great encouragement, but at the same time points to the need to keep one's guard up. The Y"H will never give up. I guess that's why Hillel said "Do not believe in yourself until the day you die." The necessity of joy in all of this is something I still need a lot of work on. In the olden times it would have been said that I have a melancholic personality. As long as I can remember, I have been this way. In some ways, overcoming this aspect of my personality may be more difficult than overcoming the sexual addiction.

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Re: On the way to 90

Posted by mevakesh - 19 Jan 2009 14:57

Just read the story now. Very powerful indeed.

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