

I WILL SUCCEED!!!

Posted by beenik - 08 Jan 2009 21:58

I have been receiving the chizuk emails for months now, and yet, as hard as I try and as much chizuk as I try to internalize from the emails, I still seem to slip. I must conquer this.

I made a New Year's resolution to stop being mishkav zera, not looking at pornography and the likes. I was able to make it until the 5th, and then fell again today. This is when I decided that it was time to start taking the emails more seriously, and begin "blogging" if you will about my journey to sobriety.

My porn addiction used to be far worse, looking at it whenever I could. Now, although I have been able to control myself while at home or at the office, whenever I travel it seems that I cannot control myself. I spend hours at night in the hotel room searching the internet for porn. And even worse, not only have I fallen to the internet and porn, this has lead me to massage parlors, which provide more than just massages. Every time that I go there I feel horrible about myself, telling myself that I wont go again. I can't. How many people who I hurt if I told them what I was doing. My life would fall apart completely. My wife, my kids. Everything. Every time I daven, and say the special tefilla asking for forgiveness in Shma Koleinu, I know how I am kidding myself.

Today is a new beginning. I can no longer go on doing what I have been doing. I feel horrible about what I do every time it happens, and it is time for it to end.

And so I begin my journey to sobriety. While I cannot count today as day 1, I will have two day 1's - today and tomorrow. I will succeed. Everything in life not only requires Hashem's help, but also requires hishtadlus. When I set my mind on almost anything in life, I will do whatever it takes to get it done. In business, within the community, etc. So this is part of my hishtadlus, and I daven to Hashem that he will help me to control my hirhurim and taavos, and give me the bracha that I will succeed finally in conquering this horrible position that I have fallen into.

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Re: I WILL SUCCEED!!!

Posted by beenik - 03 Mar 2009 18:02

To all who have reached out to me, I thank you for the chizuk that you have provided me. While I know the writing is important, I felt that it was better for me to have stayed away for a little bit, so that I could share great news.

I am happy to say, that today I have reached another milestone in my growth. Today is day 11. I cannot remember ever having lasted that long. I have dug deep inside, and done what I can at this time to prevent myself from slipping and so far it has worked. I have searched out for chizuk in any possible way that I could, and have gone so far as to report to the authorities one of the tumadik places that I used to go to. It has since been shut down, so Baruch Hashem neither I nor anyone else can go there. This took a tremendous amount of inner strength to do this, but I jumped in, and Baruch Hashem, it was over and done with in a matter of a couple of days.

Today has been a little testing, but I am determined to succeed, and will continue to report to you all how I am doing.

I daven that Hashem will give me the strength today to control my hirhurim and taavos and allow me to serve his will as purely as I can.

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Re: I WILL SUCCEED!!!

Posted by Someone - 03 Mar 2009 19:22

Wow! Great job on holding out as well as reporting that! Hah, you just gave your YH a mighty kick!! KUTGW!

/JG

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Re: I WILL SUCCEED!!!

Posted by the.guard - 04 Mar 2009 01:13

You are shaking the heavens struggling! Keep posting good news, it gives us all strength!

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Re: I WILL SUCCEED!!!

Posted by beenik - 05 Mar 2009 01:29

B'H I had a succesful day 12 today. Thoughts ran through my head a couple of times today, but I was able to force myself to concentrate on something else, and engage myself in my work.

Tomorrow is my "Bar Mitzvah".

I will keep you all posted. It is a chizuk to me to able to hit this number.

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Re: I WILL SUCCEED!!!

Posted by the.guard - 05 Mar 2009 21:52

13 symbolizes shleimos - wholeness.

Echad = 13.

That's why there are 13 Midos of Rachamim.

The 12 Shevatim + Hashem = 13.

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13 = Echad

Posted by the.guard - 07 Mar 2009 22:09

Check this out!

"Timche Zecher Amalek"

Remove Zecher (= 227) from Amalek (= 240) and you are left with ECHAD (= 13)!

"Lo Tishtachaveh Le'El Acher". The Reish in Acher is big in the Sefer Torah.

Amalek = 240 = "El Acher"

At the same time: "Shma Yisrael... Hashem Echad" - The Daled in Echad is big in the Sefer Torah.

The difference between a Daled and a Reish is a "Kotz". But that little "pintalle Yid" makes all the difference.

Amalek is bechinas "Kotz Vedarar" from the curse Hashem gave Adam after he ate from the eitz Hadas.

Remove Kotz (= 196) from the Reish (=200) of El Acher, and you are left with the Daled (=4) of "Hashem Echad"

...Bnei Yissaschar

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