

My days (even more then 90)

Posted by needtoquit - 10 Jan 2013 09:02

I have been working on the Wall of Honor for 6 months now. On my first try I reached 90 days, but then over Succos I fell (hard as is always the case) a number of times. I have since been trying to regain my ground but been having a hard time. I made it to 5 weeks again and then about a month ago I fell again and have been staggering around since. See [here](#) for more of my story.

I have finally started up again strong at the very end of December and am now on day 17. One idea which I saw and liked was the \$90 for 90 days. So I am doing it with a twist. If I don't finish the 90 days I will give a dollar for each day which I stayed clean to a "tzedaka" which I really don't support. (It is a valid tzedaka just one whose mission I disagree with.) I have been starting to have a hard time the last few days and thought that posting was in order. So, I decided to make a real log of my journey. But not just 90 days clean but Biezas Hashem for many more.

Thanks for reading and Hatzlacha to you all.

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Re: My days (even more then 90)

Posted by needtoquit - 22 May 2013 07:17

I gave a bachur a ride back to Yeshiva this afternoon and I took the route which most people take because it uses a main street. However, it also passes through/alongside a major college campus. Needless to say I think that I should start using the other route which I used to use when I was in Yeshiva and was looking for a "safer" route. Those were the days, when I really tried to avoid *hirhurim*!

he commented that at least school should be almost over for the summer. I told, "No way that we get off that easy with just a few warm days. The Yetzer Hara has much more in store for us." (They have a summer semester.)

It reminds me of a thought I used to have all the time and now I realize how naive it was. When I was younger (pre by problem), I used to often get a ride with an older gentleman, in his fifties. I used to cringe when he did that thing where his head turned away from the road to watch the

girls walking on the sidewalk as we road past them. He was (and still is *BA"H*) happily married and yet he couldn't/wouldn't control this reflex. It used to really disgust/upset me because I had no appreciation for the *taivah* and realized that he was controlled by it. At that time I decided that I would make sure that it didn't happen to me.

Years later, (maybe after my problem started,) I heard a tape from Rabbi Shaifer, of The Shmuz, entitled "The Master and the Slave", in which he explicitly outlined this issue and how weird/abhorrent/sad it is to watch someone who is a slave to their *Yetzer Hara*.

That experience of seeing this addiction in someone else together with that *mussar shmuz* really helped me in this area of *shmiras aynayim* over the years. Throughout my addiction I have remained conscious of when my head turns while driving and although I can't say I always stopped it, I certainly stopped it more because of that consciousness.

Hatzlacha to us all and even to those who are not on this forum like that gentleman, who still suffers from this reflex/addiction in his mid sixties!

P.S. 27 days down. Hope to be over 30 before my next date.

P.P.S. I have seen others claim to be addicted to this forum. I happily join them!

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Re: My days (even more then 90)
Posted by needtoquit - 28 May 2013 06:50

33 Days down (or up I guess it should be).

Hatzlacha,

needtoquit

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Re: My days (even more then 90)

Posted by gibbor120 - 28 May 2013 21:39

33 up, 33 down. hey, that's better than a perfect game. It's a perfect game that went to extra

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Re: My days (even more then 90)

Posted by needtoquit - 29 May 2013 18:48

[gibbor120 wrote:](#)

innings.

33 up, 33 down. hey, that's better than a perfect game. It's a perfect game that went to extra

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Thanks.

I definitely like this "up" thing better. So, 35 days up.

Yesterday, I got a really nice look in the mirror. I was working on a (much) older co-workers computer and opened his browser to look something up (Mistake #1). When I started typing in the navigation bar no suggestions showed up and I realized that he cleared his browsing history recently. (He has told me before that he heard that you should clear out your history because it can cause viruses and I was unable to convince him that it is not true.) At that point my curiosity got the better of me and I clicked "Reopen last session" (Mistake #2). I don't even know why I was curious what he was looking at.

I realized my mistake immediately as the picture of an actress under-dressed opened on a "entertainment news" website. I shut it down but can't stop thinking about the incident. Not , probably because I was so appalled. I thought, "This guy is married with kids and even grand-kids and he sits at his desk with his screen facing ." And then I realized, how many times did I (the old me) open such websites and articles and even worse ones.

It's scary to think that that really could be me in 40 years if I don't keep working on myself. It was like looking in a mirror and seeing just how ugly I am, was, or could become. Although, it wasn't me (this time) I realize that it could very easily be me in the future if I don't keep up the battle.

B"H life has been going well. I went on a date Monday to a park. Only after I made the plans did I realize that being Memorial Day the place would be packed with people who have a different definition of "dressed." However, B"H I was able to hold my own and not look or lust.

Hatzlacha to us all!! And may I give a *bracha* that all those, including my co-worker, who don't realize just what lusting does to them. May they be *Zoche* to realize what they are doing, find this website and change for the better!!

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because of my lust. B"H I wasn't triggered at all

Re: My days (even more then 90)
Posted by AlexEliezer - 29 May 2013 18:57

NTQ,

Sounds like you're doing some real work.

Wishing you continued hatzlacha!

Alex

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Re: My days (even more then 90)
Posted by gibbor120 - 29 May 2013 22:23

Hi NTQ,

Thanks for that story. Eye opening! (no pun intended)

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Re: My days (even more then 90)
Posted by Chachaman - 29 May 2013 22:31

congratulations on 35 days up!!!!

I don't know if its true for everyone, but for me I sometimes feel a morbid curiosity to find out if OTHERS look at shmutz. for me, I think its both ga'avah and the y"h.

all we can do is pray for people like your coworker.

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Re: My days (even more then 90)

Posted by mr. emunah - 30 May 2013 22:10

I used to have this evil taavah of following the 90day chart and watching the guys in front of me fall off one by one until I eventually fell

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Re: My days (even more then 90)

Posted by inastruggle - 30 May 2013 22:14

[Chachaman wrote:](#)

I don't know if its true for everyone, but for me I sometimes feel a morbid curiosity to find out if OTHERS look at shmutz. for me, I think its both ga'avah and the y"h.

I feel that all the time.It's definitely gayvah for me.

Though before i came here i used to think that it really wasn't too possible that no one did it (by this i mean m***** just maybe less than me.Actually i still think that if there's a guy on an unfiltered internet then chances are he's looked at shmutz.

I think i heard a rabbi say that there's a chazaka that someone on an unfiltered internet looks at shmutz...

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Re: My days (even more then 90)
Posted by mr. emunah - 30 May 2013 22:15

YEAH!

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Re: My days (even more then 90)
Posted by inastruggle - 30 May 2013 22:22

ok this post count is getting ridiculous, no more trying to beat TZ.

Aizehu ashir hasomeach b'chelko.

Next thing we know you'll try to beat Dov and we'll never hear the end of you...

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Re: My days (even more then 90)
Posted by mr. emunah - 30 May 2013 23:01

Ive already got about 25 today.

(and you quite the poster boy yerself)

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Re: My days (even more then 90)

Posted by Chachaman - 31 May 2013 00:09

quality is always better than wuantity

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Re: My days (even more then 90)

Posted by mr. emunah - 31 May 2013 00:21

sometimes

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