

The chronicles of inastruggle

Posted by inastruggle - 07 Apr 2013 05:50

I'm going to reintroduce myself for the record, and for those of you who haven't heard my story yet. I've been m***** for as long I can remember, my earliest memory of it was when I was in first grade I wasn't molested or anything b'h, I discovered it on my own. I obviously had no clue that it was assur (though I do remember thinking that something wasn't so kosher about it), and I didn't connect it to s*x until I was about 13, it just felt good so I did it. In eighth grade I found out about s*x and connected the two. It was also around that time when I discovered p***. Eventually I also found out it was assur (through an article on wikipedia, which leaves a bit to be desired in the chinuch area).

I did try stopping but I wasn't too committed since I didn't know if it was really assur or not, since I never heard any rebbe speak about it openly, if I remember correctly my eighth grade rebbe mumbled something about shmiras habris which I don't think anyone understood, and even I wasn't sure if he was talking about what I was doing. Anyway when I got to mesivta the rebbeim did mention it and I knew it was assur but by that time it was already naaseh lo k'heter for long time already.

I knew that I should speak to a rebbe about it but I was too embarrassed. I did speak to one rebbe without telling him what the problem was (I think he guessed it) and he told me to try just to stop it for a short amount of time and then I could try for longer (a.k.a. baby steps) but that didn't really either help too much. Somewhere around twelfth grade I stopped m***** without p*** because it wasn't too hard to do and to be completely honest it was also getting a little boring.

I'm not sure how long ago I heard about gye but I think I read about it in the mishpacha and that motzei shabbos I checked it out, all I saw were some articles I read some and it didn't help at all.

I should add that like most unmarried people (I think) I thought that once I get married it would just go away so I was rationalizing that anyway it isn't a permanent problem and I'm koruv l'oness because I started so young etc. which I think was the reason I wasn't taking it too seriously.

So I continued to watch p*** and m***** pretty much whenever I was home until about three months ago when I was walking to yeshiva and I was listening to a shiur about the dangers of the internet and to do teshuva even if you fell, (I put it up in the kosher isle if anyone is

interested) and something snapped and i realized that I HAVE TO STOP THIS NONSENSE, since the last time i was on gye i had read about it a few more times and saw some advertisements for it so i decided that i'm going to have to go on gye another time and become a member and (i don't remember this for sure but i think the second part was there) if it doesn't work then i'm going to talk to my rebbe about it.

When i went on gye it was completely different than before and i joined up and registered on the 90 day chart right away and didn't fall for about two weeks then i did about a month and now i'm 33 days clean which is my longest since joining.

in my next post iy'h i'm going to talk some more about what my situation is, and what i think my problem is, and how i'm dealing with it

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Re: The chronicles of inastruggle
Posted by mr. emunah - 18 Jun 2013 20:30

he likes caviar

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Re: The chronicles of inastruggle
Posted by pischoshelmachat - 19 Jun 2013 07:00

Wow! This post is wonderful. I read it and reread it. A great recipe for success. Thank you for sharing and may you enjoy clean days until 120 years.

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Re: The chronicles of inastruggle
Posted by sonoftheKing - 20 Jun 2013 00:16

People on the boards here are discussing what means they should use when dealing with these temptations. I just wanted to point out a few things that is found in all the holy seforim.

1) We are not to view the battle with the temptations as something as a battle per se (in a negative form) as that is what it seems on the surface, (which is itself is a tool that Hashem gave to the Koach Hatuma to have us think that way in order to overcome that way of thinking and get rewarded for that) but in its deeper form and at its essence, as a holy and sweet OPPORTUNITY to cleave to Hashem (in a positive form). We are not to view the temptation as something evil that we have to overcome but to see the holiness hiding within the temptation which is none other than Hashem himself. We are to WELCOME the temptation the more we view it as a mask of Hashem in the form of temptation, yetzer hora, addiction etc. Only sweet and holy things exist in this world as Hashem would not do otherwise - and when we think we see otherwise, we dig deeper and find out the above holy yesod with time. It takes time, as this is the whole point in life, to tear the mask away and consequently loving Hashem and doing his will more and more in quantity and quality. That is why it says - tov - is yetser tov, (tov) meod - is yetser hora. As that is in essence and inherently the ultimate and greatest good.

2) On the same note, when we know that Hashem knew in advance that there will be "evil" in the world - be it in the form of people being "evil" or in the forms of sin and the like and even so thought it was worth creating the world with all of the seemingly negative stuff - we get to the next point.

When a yid succumbed to temptation - he is to know the following.

The almighty knew about the fall in advance and that still did not make him want to stop with his plan to bring this Jew into the world with all his falls. To the contrary - EVERYTHING is going according to plan. (Free will is only prior to the fall) This is the mightiest tool the yetzer hora has at his disposal to make the Jew think otherwise.

As the seforim explain how that is the only way a person merits to fulfill his mission down here. Only via falls. Sheva Yipol Tzadik - is the only way to become holy as all the seforim explain. It is not that we have to "overcome" our fall but rather to the contrary - this "fall" was precisely what I needed as part of my life's work. One of the many ways to understand this is -

3) After a "fall" a person naturally feels dejected. There is nothing sweeter to Hashem than a Jew who naturally (aka a tool of the yetzer hora for us to overcome) does not feel like he is succeeding spiritually and still continues trying to be a good and devoted son to Hashem. This beautiful and sweet devotion is by far sweeter to Hashem in some ways than that of someone that is on "streak" of holiness and is actually feeling good about his spiritual standing. The mesiras nefesh of the former Jew is incomparable to that of the latter one. Only thru a fall does Hashem get this special nachas from a yid. There are no words to describe the greatness of such an act over and over and over again. That can only happen after a "fall". We are not privy as to why Hashem in his infinite wisdom chose some people to be of the former and some of the latter type, but that does not concern us at all.

4) After a "fall" - the angels dance in heaven when the yid summons up all of his efforts and tries to the best that he can to regain simcha to being a Jew. (as if nothing happened) It is unnatural and is superhuman and it is God that helps the yid in doing that. There is no holier work than this

form of selfless and (and at first and superficially, emotionally unrewarding) unnatural serving of our father in heaven. This another reason why hashem made him "fall"- so that he can bring this special incomparable nachas to hashem over and over and over again. This is what will bring Moshiach to an extent more than someone who did not have this work cut out for him. As the big Rebbees used to say - that the entrance to the holy depths of what it means to be a eved hashem is as follows: One who his knife is still dripping with the blood of chas vsholom another jew that he has just killed rachmono litzlan and cannot summon up the energy to daven mincha with a zeal and fire like that of the holiest jew (after doing teshuva)- has not BEGUN to taste the sweetness of our holy Torah. (the yetser hora has at his disposal (for us to overcome) the tool to confuse the person about the above concepts with the thought that this is somehow contradictory to the mitzva of teshuva etc. and contradictory to what he has learnt all his life about how serious it is to sin and the subsequent punishment etc.

That is all for the person to think before the sin. NOT about the sin he has already committed.

5) The yetser hora has at his disposal in order for us to overcome the other weapon:

after a "fall" the person thinks - I messed up again. The comedy and genius of this thought is that this thought that the person is thinking stems from a holy place in his soul is so plainly a thought from the yetser hora himself (in order for us to overcome)

As there is not SUPPOSED to be a the letter/word I in a yids life. Its all about hashem. If you are thinking that YOU messed up, apparently you think that this journey has something to do with you. aka arrogance. (for us to overcome that thought) This is another reason for the "fall" happening to you- so that you can work on the holy mida of humility. The thought that should accompany you after a "fall" is how you repent for the pain of the shechina when a yid was destined to cause the pain of the shechina. It is a thought that makes us CLOSE to hashem. Its a thought that makes us feel GOOD to be so close to him that we care about his pain kvayochol. This is yet another reason for the "fall"- so that hashem wants to reward you for doing teshuva over and over and over again. The time to do teshuva is a time of simcha. It is the holiest mitzvah to repent and worry about HASHEM and our neshomo with is part and parcel of that. The yetser hora has us confuse that with doing the exact opposite- thinking how WE "messed up" and feeling bad and sad about OUR shortcomings- when its not about us at all. As the seforim write that ANY thought before, during or after a "fall" that makes us feel bsimcha is holy and if it makes us feel bad- it is the yetser hora camouflaged very skillfully to reward us for overcoming.

All of the above is to be studied repeatedly and slowly to be absorbed into ones self for his entire life as it increase the love to hashem and kamayim ponim el ponim will be reciprocated via loving hashem and wanting to do his will.

The yetser hora fights with all the might that hashem gave him (in order for us to overcome) to have us not realize all of the above, and its our holy lifes work to slowly and with patience and knowing with bitochon that ALL is well right now and will continue being so until we will all see it so plainly and clearly with moshiachs arrival soon iyh.

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Re: The chronicles of inastruggle
Posted by pischoshelmachat - 02 Jul 2013 21:03

Hi INA,

I stopped by your forum after seeing you on the Wall of Honour. I am jealous of you that you took control as a bochur. I am married for many years and have only discovered GYE recently. Your strength is mechazek me and I wish you much hatzlocho in every aspect of your life. Shidduchim, Torah, Parnosaah and everything else!

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Re: The chronicles of inastruggle
Posted by Dov - 03 Jul 2013 05:51

AMEN!!

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Re: The chronicles of inastruggle
Posted by needtoquit - 03 Jul 2013 08:01

[needtoquit wrote:](#)

Sorry I'm late. Mazel Tov.

Why did the chicken only cross half the road?

When I wrote this I didn't realize the great *nimshal*. If we don't look both ways before crossing the street, and stay always conscious of the truck called addiction which the Y"H is driving, we are liable to get side swiped just like this chicken.

However, just to avoid confusion, certainly during the summer I don't recommend looking both

Hatzlacha,

NeedToQuit

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Re: The chronicles of inastruggle

Posted by cordnoy - 03 Jul 2013 20:30
ways more then absolutely necessary.

the yetzer hara has full control....outside, no doubt, and inside...on our screen.

anybody know a good 'key-logger'? [it happens to be im not nichshal in these things right now, but I want it in place for the next nisayon]

thank you

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Re: The chronicles of inastruggle

Posted by gibbor120 - 03 Jul 2013 20:56

a key logger for someone else to monitor you?

Spector Pro is good. It records everything on the screen. It can also do key logging, but I'm not sure you need that. Who is monitoring it?

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Re: The chronicles of inastruggle
Posted by cordnoy - 03 Jul 2013 21:07

I would have a married friend monitor

Wanna make sure it sees inprivate browser, skype, yahoo messenger

Ty

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Re: The chronicles of inastruggle
Posted by gibbor120 - 03 Jul 2013 22:16

will the friend have access to your computer, or need to see it remotely?

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Re: The chronicles of inastruggle
Posted by cordnoy - 03 Jul 2013 22:25

Remotely

Can't it work thru email?

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Re: The chronicles of inastruggle
Posted by gibbor120 - 03 Jul 2013 23:59

I don't think Spector Pro can, but Eblaster can I beleive.

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Re: The chronicles of inastruggle
Posted by Dov - 05 Jul 2013 16:50

You are marrying your computer?

Is that OK with the GYE handbook?

Better check with Kedusha or Guard before doing something drastic like that. Will you two use a Rabbi, at least?

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Re: The chronicles of inastruggle
Posted by inastruggle - 12 Jul 2013 04:16

It's great to be back, a few things. First the thank yous.

Thank you everyone who posted nice things here and for keeping the thread safe and alive while i was gone.

Thank you dov for restoring the true spirit of this thread when it got too serious (though i think u wanted to bring out a point, but tough luck. im taking it as a joke)

A big thank you to Skeptical and Zemmy for letting me text and call them the whole summer at all hours of the night.(It's a big sacrifice, imagine someone being able to make your phone ring just because he has to talk to you about it raining again)

Thank you to everybody who checked in with me during the summer (you know who you are and if you want me to mention you by name just complain below and i'll take of you)

OK.

This isn't as fun.

So two nights ago i ended up with internet access on my phone and went to the wrong places, not p*** but very close to it.B"h i did not touch myself and eventually i shut it off.The next day i asked zemmy and skeptical if they think it's considered a fall or not (gave them some more detail) and we came out that it will be counted as a slip but if it ever happens again then it will be a fall.

In a little while when i feel that i'm out of the danger zone regarding the "i might as well get some more falling in and count it as one fall" i may or may not decide to count this as a fall, but until then i know the drill. KOMT.

643 new replies....

gotta get to work.

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