

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 ZemirosShabbos - 01 Apr 2014 23:02

??? ???

? + 45

? + 48

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Re: The chronicles of inastruggle
Posted by TehillimZugger - 01 Apr 2014 23:11

So 48 is kosher all year round, and 45 comes around once a year and is unaffordable,

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Re: The chronicles of inastruggle
Posted by Gevura Shebyesod - 02 Apr 2014 01:08

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Re: The chronicles of inastruggle
Posted by inastruggle - 02 Apr 2014 03:43

Keep on Strukking!
OMG!

You guys ruined the whole serious vibe that I built up on this thread... :(

It'll never be the same... :(

You guys strukked the serious out of it,

MODERATOR!

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Re: The chronicles of inastruggle
Posted by TehillimZugger - 02 Apr 2014 04:53

Inna! Where's the picture of you inna strukkes? am I allowed to put it up?

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Re: The chronicles of inastruggle
Posted by Dov - 02 Apr 2014 06:21

On behalf of the moderators here, I would like to say the following:

ugabugaboo

Have a very nice day.

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Re: The chronicles of inastruggle
Posted by Pidaini - 02 Apr 2014 08:31

[Dov wrote:](#)

ugabugaboo

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Re: The chronicles of inastruggle
Posted by inastruggle - 02 Apr 2014 11:44

I hate to break up the mood here.

I fell.

After a year of being clean. A real year of being clean, not holding my breath, I fell.

I really don't want to write this but if I'm not going to be honest then it's going to happen again. I'm going to analyze the fall, learn from it and KOT. (then maybe go to sleep since it's 3:30 a.m.)

What I think caused the fall:

- 1) I'm going through a rough time in my life now, and it doesn't look like it's going to stop anytime soon
- 2) I forgot to use the tools I learnt to look at this time in a positive light
- 3) My defenses were lowered by the easy time I had in Israel without internet or too much pritzus.
- 4) I slipped a few times since I got home and didn't tell anyone (probably because,)
- 5) I got a bit overconfident, not so much in the way of thinking I can't possibly fall but believing that since I've been clean for so long then I don't need to take as many precautions as I used to

What I plan on doing:

- 1) Looking at life in a positive light again
- 2) Remember how I'm just one click away from falling no matter how long I'm clean for
- 3) Tell someone I slipped right after I do
- 4) And forget the fall and KOT.

Falling was just as fun as I remembered but being clean was, and is, way more enjoyable.

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Re: The chronicles of inastruggle
Posted by dd - 02 Apr 2014 15:30

hi IAS!

first of all great grip of yourself for right after a fall.

i would usually be in a bad mood or just blurry and not be able to think so clearly.

bottom line is that all the guys who fell after long streaks all say there is a very big eye opener that comes from these kind of falls, it's telling us how much we still have to work on even if we thought that being clean was everything there is alot more to do and learn (speaking from my own experiance)

so brush it of and start trucking forward.

remember to keep on cleaning for pesach!

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Re: The chronicles of inastruggle
Posted by ZemirosShabbos - 02 Apr 2014 18:31

sorry to hear, buddy.

your attitude is great.

keep on trucking, strukking but under no circumstances are you to be caught 'brukking' (until Achron shel pesach at least).

Falling was just as fun as I remembered but being clean was, and is, way more enjoyable.

thats a keeper!

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Re: The chronicles of inastruggle

Posted by Gevura Shebyesod - 02 Apr 2014 19:19

Sorry to hear about your fall. I also had falls after long streaks (not quite a year but many months) and I understand the feelings of disappointment and frustration with yourself at having "failed". But look at the bright side, you had a WHOLE YEAR clean! You're a Monstuh Trucker!! KUTGW!!!

And now back to our regularly scheduled programming...

[Pidaini wrote:](#)

[Dov wrote:](#)

ugabugaboo

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What happens when you cross Uggs and Bugaboos? You get this:

<http://www.columbia.com/Bugaboot/men-footwear-bugaboot,default.sc.html>

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Re: The chronicles of inastruggle
Posted by TehillimZugger - 02 Apr 2014 19:21

I think it has something to do with not eating until five pm and then eating some type of fruit that costs 2.49. whatever the cause is, we gotta keep on trucking. We're in this together.

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Re: The chronicles of inastruggle
Posted by cordnoy - 03 Apr 2014 00:46

Speechless!

b'hatzlachah

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Re: The chronicles of inastruggle
Posted by inastruggle - 03 Apr 2014 01:30

Update:

In the morning I fell again right when I woke up.I'm going to put this all into one fall and stick to the original plan.

I made a taphsic like geder and spoke to Hashem a bit.I know that I just have to push through the first few days and it'll get easier.

Sorry for not talking to anyone from gye today, I'm still sulking.

Btw tz, it was 2.49 a pound and...you probably are right.

Two Jamaicans were throwing stones at a mango tree to see if they could get a fruit to fall down. One jamaican said to the other "all this work, what if the mango is not ripe?" So one of the Jamaicans climbed the tree and felt a mango and could tell that it was ripe. He came down told his friend and they both continued throwing stones at the mangoes.

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