

The chronicles of inastruggle

Posted by inastruggle - 07 Apr 2013 05:50

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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 tehylimzugger - 05 Jun 2013 03:16

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INNA FOR DEM UCONN HUSKIES!!

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Re: The chronicles of inastruggle  
Posted by inastruggle - 05 Jun 2013 22:42

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Dear mom and pop STOP

Received confirmation of appointment of IRA general in the fight against conservatives STOP

Setting off in whale skin raft STOP

Plenty of sushi ice cream and ice vodka ice woodford for the way STOP

Google maps say i should be there in a month STOP

Thank you guys!

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Re: The chronicles of inastruggle  
Posted by Machshovo Tova - 05 Jun 2013 23:18

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Sign of an addict: Keeps on trying to STOP, but keeps on going.

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Re: The chronicles of inastruggle  
Posted by mr. emunah - 05 Jun 2013 23:20

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i gotta STOP posting

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Re: The chronicles of inastruggle  
Posted by inastruggle - 14 Jun 2013 10:16

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As I've posted elsewhere, I'm going to be leaving for a while so before I go I'd like to post the full mehalech that I've come up with and that's been helping me stay clean for over 100 days bli ayin harah including around 60 days with access to unfiltered internet.

Most if not all of this, are not my chiddushim, all I did was take ideas that I've seen around the site and chose what worked for me.

One more thing, this whole mehalech is for non-addicts (which I believe myself to be) and if you are addicted then this is probably not the right thing because it's only designed to stop the acting out not to deal with the underlying problem(s) that is causing the addiction.

The Mehalech has two parts.

## **Part one**

### **What?**

Commitment

### **Why?**

Without commitment then there are two problems.

1)that you don't have a clear picture of the battle

2)When it gets tough, which it almost inevitably will, then without a commitment there's no reason not to fall.

### **How?**

Take a piece of paper and write down the benefits that you get out of p\*\*\* and m\*\*\*\*\*, such as it makes me feel good, it provides an escape, it relieves my sexual desires, it's an exciting activity to do when i'm bored, etc.

Then write down the reasons that you want to stop, such as it makes me feel disconnected from reality, Hashem, and real women, it makes me feel like a hypocrite, it's a serious aveirah, it makes me waste a ton of time, it makes me feel like I can't control myself, etc. (if you need more reasons then take a look at the [90,000 not to act out](#) thread)

Now be honest with yourself and decide whether or not it's worth it for you to stop. If you decide that it would be worth it to stop, then write down the following:

I am making a rational and thought out decision to stop watching fantasizing, watching p\*\*\*, and m\*\*\*\*\*. Even though I will not be able to use this as an escape or for excitement, or to relieve my sexual desires when I desperately feel the need to [fill in the rest of the benefits]. The reason I want to stop is because these benefits are not worth the downsides of this habit which are, the serious aveirah that I'm over each time I act out and the feelings of hypocrisy and lack of self

discipline that I feel [fill in the rest of the reasons to stop] due to this behavior. Therefore I choose to commit myself to the plan in order to help me control myself.

Note: Feel free to use your own language while writing this.

## **Part two**

### **What?**

The plan

### **Why?**

Without a plan then it's almost impossible to stay clean even if you're completely committed.

### **How?**

The plan has three parts

**1) Prevention:** This includes filters and accountability software, shmiras einayim and machshava, gedarim, tefillah and posting on the forum.

- **Filters and accountability software** Internet capabilities has a filter and if necessary accountability software, and if you can't put a filter on a computer then you don't use it or use it only in a way that you won't fall. If you find a hole then you plug it up either technically (like blocking the site) or with a taphsic or the like.
- **Shmiras einayim** easier said than done plain old not looking at, or thinking about women unnecessarily. This is where a large part of the battle starts even if it isn't triggering to see them (which it probably is even if we don't think so). The reason for this (among others) is because if we move up our struggle to shmiras einaim then the struggle for worse than that becomes a lot easier.
- **Gedarim** my opinion is one of the most important parts. What it means is looking at your

past falls and seeing the patterns that led to it. Then making gedarim for yourself so as not to get into the position and patterns that cause you to fall. An example is that I realized that most of my falls happen later at night after going on a "semi-kosher" site. So I made gedarim not to be online past a certain time and not to go onto that site at all. A similar idea would be not to use the internet with a locked door etc.

- **Tefillah** realize that Hashem is in charge then it makes sense to ask him for help in this struggle. This is pretty simple just say a little tefillah (in middle of shemonah esrei if you like) asking Hashem to help you with the struggle.
- **Posting on the forum** and fulfilling part in my opinion. Just post when you feel weak, when you're bored you can go to the jhf section, and of course give chizzuk and advice to other members. This helps tremendously because if you see (and say) the ideas enough then it becomes extremely real and sensible to do, plus you have the added benefit of having helped people in the struggle.

**2) Stage one:** This is the first moment that you realize that your mind is thinking about the wrong things. Once this happens then realize that this is the best time to win the battle because from here it just gets harder and harder. Some of the tools that I've seen to deal with the first thought before it gets any further are the blow it up method, saying a tefillah to surrender the thought to Hashem, or thinking about a prepared question.

- **This blow it up method** of mine, It's very simple. When you realize that you're thinking about these things then just blow the thought up. And if it happens again, then just blow it up again. I find it pretty fun, to "get revenge" on the thoughts and think of different ways to blow it up each time. [This](#) is where I saw it.
- **Saying a tefillah to surrender (the thought) to Hashem** alexeliezer: "Guarding my mind from fantasies and mental images was, and continues to be, the greater challenge. This would include the thought that I feel like masturbating or doing even worse. For this, I have found tefilla -- immediate, repetitive, and incessant tefillah, the only hope. I use the following nusach every time a lustful thought or images tries to take a seat in my mind: Ribono Shel Olam, I am powerless over lust and my life has become unmanageable. Only You can restore me to sanity. I turn my life and my lust over to Your care and ask You to please heal me from this illness of lust. I don't want to lust. I only want You and a relationship with You and your Torah (and appropriate attraction and interaction with my aishes chayil). I surrender my lust to you. Please take my lust". There are many different versions of the tefillah and some people find it helpful to make up their own version.
- **Thinking about something else** use his words: I came up with a really good trick. Think of something interesting right now. I really like science, so I think of a theory or paradox. Make sure you really like the subject. If you need help, think about explaining your subject to a child. Once you have decided on a topic you are truly interested in, stop thinking about it. Whenever you see women on the street, or anything like that, the Yetzah Hara will always put ideas and desires into your head. When that happens you need to remember that curious topic you picked earlier. Because you genuinely are interested in this idea, your mind naturally starts pondering it very deeply. This drowns

out the Yetzah Hara until the moment has passed. I suggest thinking about your topic for a while to make sure the you have calmed down.

**3)** stage two: this is when the urge has you in its grips and you feel like you're definitely going to fall. What you need here is some time for either you to tell yourself that you don't really want to do this or for someone else to tell you it. The main thing to remember is that it is never too late until you actually fall, and that even if you're at the computer with the address typed in you can still close the window.

The tools from stage one are still what you should be using to deal with this but what we need for this stage is a tangible reason to stop plus a little bit of breathing room to help us think straight. For that the taphsic method is perfect, it gives some time plus you can use that time to get someone (or you) to help you.

- **The taphsic method** genius of this method is that it gives you time to not fall (by telling you that you can fall later at a lower cost). What would probably be the most effective as the first part of the method (with the big knas) is to come here and speak to someone, or post on the [i'm about to fall](#) thread or of course speak to someone on the phone if you can. You do have to do this right though and make sure that you're going to pay the knas in the event that you fall, but that it will sting enough to make you not want to

I do want to add that this is not meant to be permanent and eventually you shouldn't need the taphsic anymore since your struggle should get a lot easier after a significant amount of time (at least 90 days if not more)

- **This 90 day of a d** dangerous one. This is a pretty good deterrent since you don't want to have to restart your count. But some people find that this becomes their focus, and also if you fall than if it means too much to you then it can become very hard to get up afterwards. I think that the key is to just use it as chizzuk that you managed to make it so far and if you fall ch"v then remember that the streak is still with you forever. Another danger is that it can cause you to feel very confident and get lulled into a false sense of security, to this we have to remember to always be on guard even after 1,000 days clean, imho this is what chaza"l mean by "ain apitropus l'arayos (there is no guardian in areas of immorality). That no matter how good we are the danger is still there.
- **Posting often** ing that helps in a bit of a different way than it was used for prevention. The idea being that if you post chizzuk and help others often then it will be harder for you to fall because "what will everyone I helped think?".

None of these methods are foolproof, but so far this has been working for me. As for posting often, This is my 320th post which will make me a platinum boarder. The only way up now is to become a moderator. Hear that guard?





Re: The chronicles of inastruggle  
Posted by needtoquit - 14 Jun 2013 16:22

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Sorry I'm late. Mazel Tov.

Why did the chicken only cross half the road?

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Re: The chronicles of inastruggle  
Posted by mr. emunah - 14 Jun 2013 18:13

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mr. inna is a very wise man

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Re: The chronicles of inastruggle  
He didn't see the truck coming  
Posted by zvi - 14 Jun 2013 18:32

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Re: The chronicles of inastruggle  
Posted by ZemirosShabbos - 14 Jun 2013 18:52

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Mr.Inna that was a real magnum octopus!

and can i get your phone number too? mine is 1-800-GHOSTBUSTERS

we can learn practical kabbala and trade recipes

and can you post the address as well, it's just that we can't send all the home-baked oatmeal cookies with craisins and white chocolate chips and flaum's half-sour pickles if we don't know the address

KUTGW! KOTNMW

WATLITW

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Re: The chronicles of inastruggle  
Posted by inastruggle - 14 Jun 2013 22:03

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Thanks guys,

Looks like the magnum opus upgraded me to a mr.

My number is the same as zemmys, just press ext. 2.

My address is a bit of a problem though, as i said i'm leaving for a while. I realized that i posted earlier where.

[inastruggle wrote:](#)

Dear mom and pop STOP

Received confirmation of appointment of IRA general in the fight against conservatives STOP

Setting off in whale skin raft STOP

So packages can be sent to Alaska (where shmiras einaim is the best of the country) and they will be forwarded to me in ~~erased by army censors~~.

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Re: The chronicles of inastruggle  
Posted by inastruggle - 17 Jun 2013 20:23

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OK, I'm not one for mushy goodbyes.

sniffle

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BYE GUYS I'M GONNA MISS YOU.