

My Kosel of Honour

Posted by israel613120 - 29 May 2013 03:47

Well I'm finally starting my very own thread, I had a few on "Introduce yourself"

I'm the guy who didn't want to admit he was an addict, and maybe I'm not, but after reading around here and reading Rabbi Twerski's definitions, I may have been more addicted than I thought. There was never any M*** well at least since after my wedding some 18 years ago, (apart from one isolated incident) but plenty of searching online mainly for mainstream movies with inappropriate/P*** scenes, and this went on for years...

Well I logged in and have not had a fall and up to 125 days!! Since 90, I haven't really been counting.

Had plenty of slips along the way, and near falls, one tonight I had the opportunity of going to an empty house, and surf a multi channel TV, but didn't.

What helped me was a recording of Uri in the park, it was on a chizzuk email, how he could have gone round to a girl friend, but went to the park with his guitar.

My situation was a bit different but hey, Nekudas HaBechira and all that.

Also my shmiras enayim has improved on my local streets, but I wasn't ready for a family trip to a big park, on a warm day, and wasn't as good as I could have been.

One thing I've not been able to do is keep off the movies completely, obviously I seen no P*** ones, and I've watched loads less during my 125 days, but not been able to stop.

By the way Why has this category's name changed to On the way?? From Wall of Honor?

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Re: My Kosel of Honour

Posted by inastruggle - 24 Sep 2013 06:11

What do you have to lose by blacklisting it?

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Re: My Kosel of Honour

Posted by moish u.k. - 24 Sep 2013 17:38

[israel613120 wrote:](#)

I'm signing in to say I've been clean, 50 days now in my new count. had a great day today, loads of potential shmiras enayim problems, but managed to see, notice real people and not take a second check out look, majority of the time.

Thanks for sharing that.

Well done, and here's to another day...!

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Re: My Kosel of Honour

Posted by israel613120 - 25 Sep 2013 04:44

Yes thanks the succah went up in between rain drops, but now amazing, I don't remember such a dry succos in England! But "Al tiftach peh...!"

Another good day, maybe not as great as yesterday but still pretty good BH in the Shmiras Enayim area.

Got into an argument which is never fun (nothing to do with GYE or shmiras enayim/lust)

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Re: My Kosel of Honour

~~Oh by the way, did you ever manage to build your sucka, in the end....?~~

Posted by israel613120 - 06 Oct 2013 03:39

Had a hard Friday and Shabbos, with shmiras enayaim. Even noticing real people was quite triggering, hope it doesn't lead to anything more.

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Re: My Kosel of Honour

Posted by ploni.almoni@gmx.com - 06 Oct 2013 04:49

I think it's up to you whether it leads there or not. If you tell yourself you are at the mercy of the yetzer you will stop fighting. You cannot lose if you never stop fighting and you get busy living your life.

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Re: My Kosel of Honour

Posted by israel613120 - 22 Oct 2013 04:00

An Update

I blacklisted one tv site, but only to find I could get another tv watching site, which I kept for a couple of weeks, and I caught up with some old tv episodes and a couple of films. Not bad, not even triggering, but I know where this leads, and I keep telling everyone how strong my filter is an the internet should not be used for entertainment.

So although I watched no porn, BH, I was doing that double life thingy again.

Today I blacklisted that site as well, and I must admit it was really hard to do, as I still like to watch the odd movie or too. This I feel I can't give up forever, do I need to?

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Re: My Kosel of Honour

Posted by reallygettingthere - 22 Oct 2013 07:41

[israel613120 wrote:](#)

I still like to watch the odd movie or too. This I feel I can't give up forever, do I need to?

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Re: My Kosel of Honour

Posted by israel613120 - 08 Nov 2013 04:38

What would you say if I asked you the same question?
O.K I've got to over 90 days now, BH

but I've started to have some slips, my shmiras enayim has dropped, I took a third look! (or peek and only then looked away for good)

and a couple of movies, nothing bad, but still.

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Re: My Kosel of Honour

Posted by skeptical - 08 Nov 2013 05:15

Mazel Tov!

90 days is great, but not the goal - Keep moving forward!

Use the awareness that you have in regard to what you have been allowing yourself to become stronger.

Hatzlacha!

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Re: My Kosel of Honour
Posted by Pidaini - 10 Nov 2013 00:27

Congrats on the 90 days!!!!

As skep said, if we make 90 days a goal, then why continue fighting after we've reached it?

My personal goal is to stay clean NOW!! Today!! I celebrate everyday, it's amazing to me that I am still clean, today.

KOT!!!

KUTGW!!!

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Re: My Kosel of Honour
Posted by israel613120 - 10 Nov 2013 05:43

I had a bad slip, but I'm going to keep going, to be clean for now, today

please Hashem give me the strength to continue.

I need to keep busier, I had too much time on my hands and started to feel a little down. Old triggers!

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Re: My Kosel of Honour
Posted by israel613120 - 24 Nov 2013 05:42

Really not proud and embarrassed to report, returned to a old habit, which I've not done in ages

BH now p*** in more than 100 days. I feel I have to keep working to become super clean, not just clean.

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Re: My Kosel of Honour

Posted by israel613120 - 02 Dec 2013 04:14

Having a really hard time over Channuka, I think its the YH working overtime 'coz he knows the tremendous Kedusha that can be gained around this time.

Anyway really slipping now, last night with trailers, today on You tube

May fall all the way.

I'm thinking of resetting the 90 days just to give me the chizzuk

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Re: My Kosel of Honour

Posted by chesky - 02 Dec 2013 04:59

[israel613120 wrote:](#)

I'm thinking of resetting the 90 days just to give me the chizzuk

This seems to be a recurring problem with a lot of guys here. They hit 90 days and then start wondering why at 100 + days they are still struggling. I too learnt it the hard way.

The fact that you were sober for 90 days is really amazing and a wonderful gift but it will not keep you sober toady if you do not do what it takes to stay clean toady.

One day at a time!

May HaShem grant us a sober and sane day.

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