

New here and hoping to make it to 90 days

Posted by Moshebenavraham - 30 Sep 2009 19:58

Hi everyone.

I found this site from an e-mail that I have no idea how I received but Baruch Hashem it came at just the right time.

I am now 6 days clean and that is the longest for me in a great many years and it's largely down to this site.

Just to give you a little of my background, I am a ger and although I used to sin fairly regularly as a teenager it was only once I converted that the Y"H really got a hold of me and sucked me into a destructive cycle that I have struggled to get out of in so many different ways but always without much success.

I felt constantly ashamed to be dragging down the beautiful people who I joined and for so often acting in a way that made a mockery of all that I had studied throughout the conversion process. Also my yetzer hara would often make me feel that my sins were invalidating my conversion and would tell me to just give in as I'm not a real yid anyway so teshuva won't work for me.

Thankfully I have now found this site and although it breaks my heart to see so many good Jews struggling in this area I am sure that together we can pull ourselves and each other out of the grip we are in.

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Re: New here and hoping to make it to 90 days

Posted by Moshebenavraham - 06 Oct 2009 21:01

I am working my way slowly through the handbooks at the moment. I have read both briefly but I really want to take the time to internalise what's in there and see how I can relate it to my own individual journey. So far they have been a huge help.

I was overwhelmed to see my post on the daily e-mail today! It really gave me a much needed boost and the Y"H has been quiet all day, so thank you Reb Guard! However, I now know that it is exactly when I'm starting to feel in control that the Y"H can be at his strongest.

Hope everyone else is going strong and feeling positive!

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Re: New here and hoping to make it to 90 days
Posted by Holy Yid - 06 Oct 2009 21:10

I find it very helpful to share with my partner what each point means practically for me

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Re: New here and hoping to make it to 90 days
Posted by Moshebenavraham - 06 Oct 2009 21:36

Good stuff Holy Yid! Yes, the extra work of actually relating to one's own experience has really helped me so far (though I've still got a loooooong way to go!)

I think that all the other times I have tried to stop I got the theory down fine, but never actually stopped to see how it related to my own individual struggle. (Which of course meant that it was bound to fail)

On a similar topic, I started a very thorough chesbon hanefesh today and then stopped because going back over some of the times I acted out started sending trigger warnings. I'm wondering if it's a good idea to go right back to when this all started or should I just draw a line under the past and start the cheshbon hanefesh from the current attempt to stay clean?

I'd be interested to hear other's experiences in this area.

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Re: New here and hoping to make it to 90 days
Posted by jerusalemsexaddict - 06 Oct 2009 22:13

[Moshebenavraham wrote on 06 Oct 2009 21:36:](#)

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my personal experience is that I gained alot more from my cheshbon hanefesh when doing it with another person who has good perspective and is understanding.

On my own, it just gets me depressed..

Stay strong Moshe!

You're doing great, Baruch Hashem

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Re: New here and hoping to make it to 90 days
Posted by Holy Yid - 07 Oct 2009 01:36

I kept a log of all my falls in the last few years. Since I started here I have barely looked at the log. I started a new chapter here, a whole new way of thinking, a new perspective on the struggle. All my old falls have no real bearing on where I am holding. They made the habit but knowing numbers and dates will not help me here. If I feel cocky that I think I am doing well I look at the notebook but don't open it. I want to remind myself how weak I am.

The idea the thinking about past falls in this area will serve as a trigger is an old one. R' Yisroel Salanter mentions it in a letter. He says to do what we all now too well, don't focus on the past and work on the future.

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Re: New here and hoping to make it to 90 days
Posted by Kedusha - 07 Oct 2009 03:13

At least for the foreseeable future, I would restrict your Cheshbon HaNefesh to the present.

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Re: New here and hoping to make it to 90 days
Posted by Moshebenavraham - 07 Oct 2009 08:21

Thanks everyone, great advice.

I was certainly gravitating towards not dwelling too much on the past but of course I want to understand previous triggers so as to be more aware of them but I was in such a mess in the past that I'm not sure how well I'd do at spotting the point where I could have stopped anyway and the potential for depression or setting of triggers is probably too risky at this early stage.

Holy Yid, I like the idea that the notebook is there to check you if you start to get too cocky. I might try something similar because I think that could easily become a falling point for me.

Thanks again. The support here means a great deal.

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