

If I can, anyone can...

Posted by RoshYeshivasSon - 20 Aug 2013 18:03

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Long-time addict, have barely gone a day in 15 years without masturbating. I have only had one 35-day stretch a couple of years ago, and there is no reason I cannot at least replicate that streak, right? I don't know if I can, though; the emotional pain of trying again is almost too much to bear...but I have to try for the sake of my wife and children. If I can do this, virtually anyone can, but I don't know if I can. Anyway, today is my first day, Tuesday, August 20, 2013.

P.S. My screen name is true, but I won't give any more details for obvious reasons.

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Re: If I can, anyone can...

Posted by reallygettingthere - 28 Aug 2013 04:17

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[RoshYeshivasSon wrote:](#)

First tough stretch.

So I see that youtube and even mainstream news sights can be a big problem. Especially youtube.

I guess I have to quit youtube. I never realized what a trigger it is before (because I used to just go straight to the shmutz sites).

I learned something new, something obvious, something people are saying all over these forums. But I didn't REALLY learn until I experienced it first hand. by by youtube. I'm not gonna miss wasting my time on inane videos.

Anyway I didn't fall. Going good on day eight.

I know exactlyly what you mean.

A few weeks ago I realized that movies and even movie trailers start the snowball rolling down the hill for me, as much as I didnt want to admit it.

I mean c'mon how bad could a movie be if there no znus (or very little). I dont know, but I realized that watching tv and movies is always the beginning of the end.

So I had to stop.

I think this will last because i am not doing it for "frum reasons" such as "movies are bad, blah blah blah" (which they often are), but I have come to the conclusion that I am powerless over my lust and therefore I MUST not start the lust machine, even if it's really really, insignificant.

Keep up the great work

Eli

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Re: If I can, anyone can...

Posted by RoshYeshivasSon - 28 Aug 2013 04:40

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I really have to be careful. Even main-stream news stories can be really bad, especially when they have pictures. I really always thought people who thought this way were off their rocker (after all, with all those crap-sites I was looking at, who cares about a picture of a only half-naked performer), but now that I'm trying to quit I see exactly what they are talking about.

Even some posts here on GYE I had to quickly close....(!)

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Re: If I can, anyone can...

Posted by needtoquit - 28 Aug 2013 06:45

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Welcome!!!

[RoshYeshivasSon wrote:](#)

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Yeah, I still can't get over how some of my coworkers have a certain news site as their home page (not even fringe left wing). The site is full of not just triggers but even pictures which would pass as porn if located on a porn site.

[reallygettingthere wrote:](#)

[RoshYeshivasSon wrote:](#)

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Eli

For me this has become the forefront of my struggle. I need to quit watching TV/movies/trailer/YouTube because not only are they triggers but for me they are also just other escape routes. I need to really live life not just run and hide in my computer. Whether I'm on a porn site or YouTube the result is the same, I'm avoiding life and that's not good.

*Hatzlacha* to us all,

NeedToQuit

P.S. If I sound like a hypocrite in my judging my coworkers while still wanting to watch TV/movies/trailers/YouTube, YOU'RE RIGHT!!! I am!!! Although, I have all types of explanations why there is a difference, I guess I need to work on that too.

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Re: If I can, anyone can...

Posted by thatguyoverthere - 28 Aug 2013 09:55

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I actually use youtube for interesting documentaries and university lectures to get my mind OFF the bad stuff... but your post has got me thinking. Then again, we are all different, and what works for one might be different for another.

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Re: If I can, anyone can...

Posted by RoshYeshivasSon - 28 Aug 2013 18:58

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Day 8.

Still going strong.

I am not really focusing on this much, which is great; the more you think about it the worse off you are.

It's still surreal. I don't know how I am doing this.

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Re: If I can, anyone can...

Posted by reallygettingthere - 28 Aug 2013 21:37

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[RoshYeshivasSon wrote:](#)

Day 8.

Still going strong.

I am not really focusing on this much, which is great; the more you think about it the worse off you are.

It's still surreal. I don't know how I am doing this.

Answer: Hashem

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Re: If I can, anyone can...

Posted by cordnoy - 28 Aug 2013 21:45

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[RoshYeshivasSon wrote:](#)

Day 8.

Still going strong.

I am not really focusing on this much, which is great; the more you think about it the worse off you are.

It's still surreal. I don't know how I am doing this.

i don't know if you should focus on it, or you shouldn't, but it does seem to me....from all your posts that you are focusing heavily on it...perhaps I am wrong though....just pointin out.

b'hatzlachah

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Re: If I can, anyone can...  
Posted by thatguyoverthere - 28 Aug 2013 21:47

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Neither do I. Still we do it. Only through Him.

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Re: If I can, anyone can...  
Posted by RoshYeshivasSon - 29 Aug 2013 18:29

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Bad dream last night. Usually not prone to those, I wonder if it's caused by staying clean?

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Re: If I can, anyone can...

Posted by tryingtoshteig - 29 Aug 2013 18:39

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As someone great once said,

[ZemirosShabbos wrote:](#)

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Who really cares what caused it? I also got one of those recently. Maybe my thoughts were not so pure that day. Or maybe they were. Who cares? The ikkar is to KOT.

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Re: If I can, anyone can...

Posted by reallygettingthere - 29 Aug 2013 19:46

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[RoshYeshivasSon wrote:](#)

Bad dream last night. Usually not prone to those, I wonder if it's caused by staying clean?

The yetzer hora is trying to break your resolve. Don't let him.

You're doing great! KOMT

Eli

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Re: If I can, anyone can...

Posted by ?????? ?????? - 30 Aug 2013 02:18

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hi roshyeshivason

i am search whole day over here to someone describing my addiction, hey exactly what you wrote i am having, i can barley remember a clean day in my past 6-8 years, and yes as you quote when i read main stream media i have the same problem, so i stopped it today.

so if you can then i can too!

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Re: If I can, anyone can...

Posted by RoshYeshivasSon - 30 Aug 2013 14:44

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Day 10

The weekend lurks...

keep up! if you fall my life, my children depend on you.  
Another really vivid dream, not a lustful one like last night, but just really vivid.

It's strange I rarely have dreams.

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Re: If I can, anyone can...

Posted by tehillimzugger - 30 Aug 2013 15:33

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Hi Rosh Yeshiva's Son!

Friday is a great day; it's not day 11, it's yom hashshi, shabbos is not day 12, it's SHABBOS!

You are not "Someone Who Has X Sobriety Days Under His Belt", you're a holy yid, a member of GYE! We're so happy to have you!!!!!!!!!!!!!!!!!!!!

I'm on the way to becoming the Rosh Yeshiva himself!

[I'm writing this because a lot of people fall when they hit x amount of days because they fall into the trap of thinking that they're cured, don't.]

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