

Will i stay clean?

Posted by ?????? ?????? - 30 Aug 2013 02:33

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hi,

still new here, my past history is in the welcome page, i started yesterday the 90 days and will figure it out, will i be the one who everyone will point out look he made it? who knows.

will keep you updated.

here is my challenges;

- 1) when i walk on the street every women who walks by is for me hell not to look
- 2) i work with 2 girls, i am always imagining of having a ... party with them (dont worry i cant, there is cameras all over me, and there is other frum guys as well)
- 3) same with my neighbors, i always dream when i walk them by, let me have a good look on them.
- 4) i am a programmer, and when i come to severe challenges and i want to get a little break, i am thinking about porn.

and last but first I AM AN ADDICT! and i made one day clean!

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Re: Will i stay clean?

Posted by cordnoy - 30 Aug 2013 02:40

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Point at yourself

One day; not 90!

Do it today!

if your life is unmanageable, do it for you! Now1 Today!

b'hatzlachah

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Re: Will i stay clean?

Posted by inastruggle - 30 Aug 2013 02:52

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KUTGW (keep up the good work) so far.

In my experience, the way to work this whole thing is to stop it at the beginning. So the first thing we have to do is prevention, this is on a simple level, filters, and gedarim (such as avoiding walking on streets where pritzus is common and trying not to meet triggering people if possible) etc.

But on a deeper level it really means taking care of the reason that we're acting out to begin with. For a lot of us it's not knowing how to properly deal with stress or other feelings. It's possible for you it means overcoming your childhood, through therapy or talking to someone about it.

After the gedarim there are still many times that a thought will pop into our heads since you still have to go to work and walk on the streets. For this I find it essential to get rid of the thought as soon as possible. The later we do it, the harder it is. Many people find it very helpful to ask Hashem to please take away the thought in your own words. I personally find the [blow it up method](#) very helpful.

Find what works for you but the ikkur is to avoid the fight as much as possible and when it comes to end it right away.

Another helpful thing is what cordnoy mentioned. Don't think about if you're going to be a success case, if you're going to be clean tomorrow, or even if you're going to be clean tonight. Just take life as it comes, don't focus on the struggle and when it comes along take it in stride and keep going.

Much continued hatzlacha, KUTGW and KOT.

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Re: Will i stay clean?  
Posted by Pidaini - 30 Aug 2013 11:56

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Stick around Chabibi, the things the guys have said are very true, but take time to sink in.

Look around and you'll see it over and over, One day at a time, not taking the first sip, those are crucial for us.

Always remember that you are on a journey, there are no quick fixes, but you're certainly on the right path!!

Start your engines and KOT (Keep On Trucking)!!!

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Re: Will i stay clean?  
Posted by ?????? ?????? - 01 Sep 2013 20:05

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hi, i am now in day 4.

so far i didnt act out, but i still have problems walking on the street, let's take an example this shabbas, i walked on the street and i saw a very nice dressed women, i tried hold me back but after a few seconds i started to look back, its really difficult for me to walk on the street and just

ignore every nice women, i try my best, but is it considered a fall if i looked on a women on the street but i didn't act out?

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Re: Will i stay clean?  
Posted by thatguyoverthere - 01 Sep 2013 22:33

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No, its not considered a fall, but look up the handbook. There are number of nice tricks that can help us getinto the habit of looking away.

Read through the attitude and the handbook. I have found them very helpful. See what methods work for you and which dont. You need to flee from the battle before it starts, because it will alwaus be lost.

For me, just writing here, being on the 90-list, reading the daily chizuk and going through the handbooks is helping so far (Im on day 7). But another thing that is helping is also that whenever the lust or urge comes over me I go here and read testimonies or read from the handbook. Another thing I am doing is that I have decided that if this wont work - ill join a phone conference thingy. And if that doesnt work I'll join something IRL. And if my addiction is so strong that even that wont help, I will look up a therapist amd consider medication. Since I really dont want to get that far, I stay clean... so far.

But basically I think that is the attitude. If you had cancer youd do whatever stood in your might to get rid of ot. This is a cancer on our souls, and unless we are serious about getting out of it, we never will.

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Re: Will i stay clean?  
Posted by ?????? ?????? - 02 Sep 2013 19:29

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day 5!

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Re: Will i stay clean?

Posted by thatguyoverthere - 02 Sep 2013 20:28

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Good for you!! Keep going!

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Re: Will i stay clean?

Posted by ZemirosShabbos - 02 Sep 2013 23:15

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KUTGW

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Re: Will i stay clean?

Posted by ?????? ??????? - 03 Sep 2013 21:16

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ok, so day 6!

the challenges i have today is with our girls in job, my workmates if i may say.

its really hard to avoid lust and all kind of fantasias on them.

the hardest today was when i walked into her office to leave some paperwork, without being graphic, it was a hard time.

but i cant leave the boat, well i can drain!

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Re: Will i stay clean?

Posted by ?????? ??????? - 04 Sep 2013 17:10

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DAY 7! sounds untrue, but yes it is.

wishing all my dear friends here a kesuva v'chasuma toiva and a sweet & healthy year, and may we all get free from our addiction.

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Re: Will i stay clean?

Posted by ?????? ??????? - 09 Sep 2013 18:20

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very bad day yesterday, i searched for something related to my business on the internet, and i don't know why, but i came across a full naked picture, i didn't searched for it, it just was in the blog, but the problem was that i started to look at it... and then started to get an urge to act out, but suddenly i got a phone call, and i got very busy, but the whole day was with an urge that i am going to act out, i was sure that i will, and its over, but somehow at the end of the day the urge went away, and i didn't act out!

the good thing about it is, that you can never know even if you are 100% sure that you are lost and you cant make it, that sure you can, but with hashem's help (he needs to send you a phone call, and keep you busy whole day).

the bad thing is, that i stared on a naked picture first time in 11 days, Guard will this be considered as a fall?

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Re: Will i stay clean?

Posted by ?????? ??????? - 09 Oct 2013 04:36

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so after another 14 days i striked out today

oh bashefer, please help me get out of the shmutz, i cant without yr help, give me power and energy to stay clean.

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Re: Will i stay clean?  
Posted by ploni.almoni@gmx.com - 09 Oct 2013 05:01

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Mazal tov on your clean streak.

You know, if you make a note of each time you choose not to lust and you move on to something else, after a few weeks the fear goes away. I make a mental note but some people use a tally counter (you can get a software tally counter for ios or android.) I bet if while you are coding you open up notepad and write down the time you choose not to think about sleeping with that girl programmer, you'll like your day much better. It will be funny, you can code right next to her, and every now and then you type "12:10, 12:12, 12:40 ..."

Do you use test-driven development?

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Re: Will i stay clean?  
Posted by ?????? ?????? - 09 Oct 2013 05:20

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thanks for yr chizuk, and i do use natepad++ for coding, and as far as test-driven, i am coding the whole thing. nothing being left for no one.

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