

I'm Trying!

Posted by imtrying25 - 14 Oct 2009 22:44

i cant believe that i stumbled on this site!! This may be the greatest thing ever to happen to me!! Im really new to this site and i am somewhat confused it seems there is so much going on here. Is there someone i can talk (email,chat etc.) to that can give me a basic rundown about this site?? Im what you call a "kollel yungerman" and imm suffering from a porn addiction for so many years. To say ive given up is an understatement!! Every time ive tried something else coame along and...BOOM! im sure you all can understand me. Im hoping that after all these years this might just be my salvation. Ive already signed up to 90 day chart but it seems there is so much more this site has to offer.

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Re: I'm Trying!

Posted by Dov - 04 Nov 2009 14:06

Truth is, I'm super slow in my own way, and sadly slow in areas that most others aren't. Nu, we all have our pek'l to schlep. Thanks for your encouragement - it means a lot to me, imtrying!

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Re: I'm Trying!

Posted by imtrying25 - 05 Nov 2009 13:04

I slipped up pretty big this morning and now im feeling the effect of it. ***I sure hope that it doesnt turn into a fall.*** Funny because i was sick this whole week home, and every day went by in a breeze. Usually when im sick its the worse days for me. But today im finally back to regular schedule and it feels harder. Sometimes i just cant figure it all out. If your out there and have a couple of moments to drop by and give me some chizuk, it would be appreciated.

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Re: I'm Trying!

Posted by 7yipol - 05 Nov 2009 13:17

Im glad to hear that you are feeling better physically at least.

Slip slidding is a very unpleasant feeling isnt it?

Like the ground isnt sturdy under your feet.

And that sneaky yh keeps changing the rules

as soon as you figure out the pattern,

he up and switches everything!

Show him who's boss!

But first make sure that you yourself remember who is!

Let go, and let G-d!

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Re: I'm Trying!

Posted by the.guard - 05 Nov 2009 13:52

Sometimes you can ride. Sometimes you have to get off the bike and push. Sometimes you slip and fall down. But when you do, make sure you don't slide DOWN the mountain. The fall doesn't take you anywhere but onto the floor. It's up to you whether you let yourself slide down or just get back up and continue. Look down the mountain. See how far you've come. Smile. :D

P.S. And it's always more fun when you're with all your friends pushing their bikes up the mountain along side you. When you need help, they lend a hand, and when they need help, you lend a hand. TOGETHER we'll reach the summit!

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Re: I'm Trying!

Posted by imtrying25 - 05 Nov 2009 17:26

TODAY

Today is the day.

Today is the day i was waiting for.

Today is day number one.

Although *today* is day 10 in my climb to 90, *today* in a way is number one.

Today is my first hard day.

Today started with a slip.

Today continued with a slip.

Today was the internal struggle between me and my addction, that i knew was coming sooner or later.

Today is here.

Today is now.

That means im in the struggle that *today* brings with itself.

But..... *Today* is the day im going to pull through.

Today is not going to be like so many other *today*s.

Today im going to fight.

Today i fought in the morning.

Today i fought in the afternoon.

Today im fighting as i write this word.

And.....***Today*** im going to win!!!

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Re: I'm Trying!

Posted by Dov - 05 Nov 2009 17:44

You are Hashem's deeply loved child.

He looks at you from inside your own eyes and heart, even in your painful inner struggles, and smiles.

Because He **knows** you are already a winner.

We are winners because we are loved by Him and everything is going to be alright, no matter what.

Don't believe any lies lust tells you to the contrary.

Lust tells us that life is not worth a dime if we **don't** give in to a temptation! Then it tells us **we** aren't worth a dime when we **do**!

At times like that, we need emunah p'shuta that we are winners and Hashem is already taking perfect care of us without our "help", period!

Love,

Dov

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Re: I'm Trying!

Posted by imtrying25 - 05 Nov 2009 17:51

Dov i knew you were going to be the first one to respond to my post. You always say the right thing and the things i need to hear at that moment. Thanks for being there for me. It makes me feel better knowing that i have you with me in this struggle.

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Re: I'm Trying!

Posted by kutan - 05 Nov 2009 19:41

[dov wrote on 05 Nov 2009 17:44:](#)

Lust tells us that life is not worth a dime if we ***don't*** give in to a temptation! Then it tells us ***we*** aren't worth a dime when we ***do!***

At times like that, we need emunah p'shuta that we are winners and Hashem is already taking perfect care of us without our "help", period!

Love,

Dov

I have a feeling we will be seeing the above in a email, one day.

a.k.a ACE

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Re: I'm Trying!

Posted by the.guard - 05 Nov 2009 22:47

Beautiful post by ImTrying - and awesome truth by Dov.

Keep pushing that bike, Hashem is pushing behind YOU!

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Re: I'm Trying!

Posted by imtrying25 - 09 Nov 2009 18:29

Hello Everybody. I fell today. It all happened so quick i couldnt stop it before it was over. But the reaction was different than the usual. I wasnt depressed. I didnt feel down. I just turned off the computer and continued doing other things. I didnt feel like i needed more. I didnt feel like i **wanted** more. I didnt get the feeling like i lost it anyways let me get the most bang for my buck. All these feelings are things ive felt in the past. This time i just picked myself up told myself i fell and said ok lets start over. Im trying to figure out if this reaction is healthy. Is it coming from something good or is it a bad sign. it didnt kill my whole day like it usually does. Or is it because i feel like im getting places?? Is it because i feel like there are so many people out there who care for me and only want the best for me?? My rest of my day actually went pretty good. And im looking foward to tomorrow to being the first day, again, but hopefully the last first day.

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Re: I'm Trying!

Posted by imtrying25 - 09 Nov 2009 18:59

Its soooooooooooooooooooooo quiet here, that sometimes i get the feeling that im talking to myself . Hope im not waking anybody up. Sorry for disturbing the peace.

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Re: I'm Trying!

Posted by 7yipol - 09 Nov 2009 20:35

[imtrying25 wrote on 09 Nov 2009 18:29:](#)

Hello Everybody. I fell today. It all happened so quick i couldnt stop it before it was over. But the reaction was different than the usual. I wasnt depressed. I didnt feel down. I just turned off the computer and continued doing other things. I didnt feel like i needed more. I didnt feel like i

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Sorry for leaving you all alone with your victory. You are so right; we should all be in here celebrating with you!

This is the perfect example of "fell shmell" -

the *fall* is not what the yh was after. The ensuing depression and self condemnation was his real goal.

But you deprived him of his vactory,

and more than that,

you came right over to GYE to announce your success,

thus giving others chizuk too!

What a loser!

menuval; you're old news.

imtrying25 has you beat!

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Re: I'm Trying!

Posted by withgdshelp - 09 Nov 2009 21:00

ImTrying (and anyone else reading this who has a fall and wants to get back up quickly)

This "fall recovery" instruction list was given to me by a brilliant and holy rabbi - although the information is nothing new.

1) Move your lips and actually say the words. "I did it. I regret it. I never want to do it again"
(Make sure you mean it when you say it)

2) Go to the mikvah. For those without easy access to a mikvah, oceans and lakes are just as good, sometimes better. Many hold that rivers work too (see Rabbeinu Tam, who allowed river immersion even for the more stringent case of married women removing their niddah status)

3) Say the Tikkun HaKlali Ten Psalms in this order: 16, 32, 41, 42, 59, 77, 90, 105, 137, 150

4) Be happy! G-d loves you and wants you to succeed!

I'm sure many of the people in this forum know all of these steps already. However, just in case someone new stumbles in and happens to read this post before he finds this information elsewhere on the site - maybe after 120 years on this Earth, I'll find out that I helped someone do the mitzvah of tshuvah and repair the spiritual damage done by spilling seed.

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Re: I'm Trying!

Posted by the.guard - 09 Nov 2009 22:05

Hi ImTrying, it sounds from your reaction to your fall that you are making GOOD PROGRESS in your attitude.

Also, today's Chizuk e-mail was particularly appropriate for you... Hope it helped!

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