

90 days??(gulp) What's the big deal?

Posted by Luria - 26 Oct 2009 19:30

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So I decided to start this log to keep track of where I am holding in my new goal of 90 clean days. I've had a tough but rewarding time since I've started and thought my sharing how I'm doing could help others in the same boat as myself. Meanwhile, everyone's feedback can definitely help me. I figured I'd wait about a week in before starting to post. I started writing this and just checked - Im only up to **2 days!!** :( :( My previous best is 75 so I definitely got a long way to go.

But the "advantage" of having started and then fallen so many times is that I know how difficult these first few days are. Otherwise I don't know how I would've lasted until now. But this time is gonna be different!! I got all the GYE tools and tips - and this whole awesome community right here so I'm banking on that to help me make it!!

Day 1 was surprisingly easy but Day 2 was a perfect example of where I would have fallen before finding this website. Throughout the day, from doing work to lying in bed my whole body was just screaming for release. There were a few times it got so bad I couldn't focus at all anymore - I really felt like I was drugged.

And thats when my good old friend (the y"h) started speaking -

"Come on, you aren't even 2 full days in. You picked a bad time to start being clean - your body can't physically do it right now. Its not any fault of your own. You can start clean tomorrow."

"Look at what this staying clean is doing to you. Hashem knows you can't fight this. This is obviously a test you weren't meant to pass."

"Look at yourself. You're a wreck. You know the Possuk says V'chai Bo'hem. Hashem wants you to live a normal and enjoyable life - not to be in pain like this. "

This is the point that I have always fallen before. I am a fighter and I always will be. Its just my nature. But I've always lost the fight when the lust gets this bad - when I can't focus or get

anything done. And the only way is just to give in to my taaivos "just one last time".

So I did something I have never done before and it actually worked!! When I first read the GYE handbooks and joined the forum I saw this strategy and said "Lame. Not for me. Giving up and admitting you're too weak to fight? That's for wimps. Nothing can control anyone so much that they can't beat it." But there were a few times yesterday that I was literally tearing out my hair to stop myself from sinning. So what did I do?

I just closed my eyes and said "Hashem, I can't do this on my own any more. You know that I have tried fighting in these type of situations and lost time and time again. Please! I need You to help me through this."

I did this at the four or five times during the day when my taaivos felt unbeatable and Hashem was really there for me!!

Its funny because I am not the type of person that "talks" to Hashem outside of davening. Interestingly, I don't think I ever would have reached that level of feeling close to Hashem if it wasn't for reaching that low level of having nowhere else to turn.

And this is after 72 hours clean!!

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 09 Nov 2009 22:33

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how exactly do you enter a password without remembering it? The copy and paste functiopn doesnt work when entering the password so I cant just enter a password without looking - i gotta enter it twice. Anyone have any luck with this?

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Re: 90 days??(gulp) What's the big deal?

Posted by imtrying25 - 09 Nov 2009 22:37

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What i did was write down a really difficult password then put it in and then throwing out the paper all the while trying **not** to memorize the password. If you make it difficult enough this should work.

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Re: 90 days??(gulp) What's the big deal?

Posted by rashkebehag - 09 Nov 2009 22:38

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you write a password on a peice of paper, something like df7g85mf392hdk. than you put it in twice reading from the paper, you will never remember it than throw out the paper

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Re: 90 days??(gulp) What's the big deal?

Posted by imtrying25 - 09 Nov 2009 22:39

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Hey Rash i just posted basically the same thing. ;D :D I guess if two guys ar saying it its probaly a good siman that it works.

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Re: 90 days??(gulp) What's the big deal?

Posted by rashkebehag - 09 Nov 2009 23:01

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I am looking up the org i told you about and i can't find it. It was manned by volunteers, maybe it disbanded. But i checked my emails and that is the correct adress. i would feel better if the K9 had your address. espically if the Shomer Habrit is non existing. last time we tried doing GotomyPC and it didn't work for some reason

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Re: 90 days??(gulp) What's the big deal?

Posted by Luria - 10 Nov 2009 21:21

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Ok so I am back to Day 1. Unfortunately I needed yesterday to crash and burn before realizing I needed a new plan of action; a new mindset so to speak. I also had my disagreements with some of the 12 steps (yes, i am strange like that) but I have come around on that as well. I will be working my way through the 12 Steps - not just reading, but **working** through it. - hopefully I will see some positive results.

Fighting didn't work out for me as planned. Even when I said I would put it in Hashem's hand I would do so for a few days and then keep sneaking back into the fight and getting pummelled. But I'm done with that - hopefully this will work out a little better

Being sick at home today has given me time to start working on them as well as draw this horrendously awful diagram to visually represent my journey - to quote eye.nonymous - "just one day at a time - for 90 days"

**90**

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## 1 ( You are here)

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Re: 90 days??(gulp) What's the big deal?  
Posted by the.guard - 11 Nov 2009 14:49

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 11 Nov 2009 15:58

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Thanks, for now I am the little kid in my picture. I can't see him getting into any fights especially with that big guy protecting him 8)

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 11 Nov 2009 21:21

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I don't get it - the perosn who I got to put in the passord for the filter is a great mechanech - really perceptive and on the ball. Yet when he finally helped me (he's always quick to help when things are urgent but I had to chase after him for a week)it he made a comment that it is nice that I am doing this but he knows me wel land that I am a good kid and not the type who truly

Which made me wonder

1) How could a Rebbe who is so perceptive be so off the mark? What will make people realize how prevalent and serious these problems are - not only among people with obvious "issues"?

needs a filter. :

2) How do regular people use the internet without a filter? Is it the equivalent of having a kosher restaurant next door, which most of us would never sneak into to eat there , even if no one was watching?

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Re: 90 days??(gulp) What's the big deal?

Posted by 7yipol - 11 Nov 2009 21:25

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Either he was

1) off the mark on this one

2) more ON than you know!

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Re: 90 days??(gulp) What's the big deal?

Posted by Luria - 12 Nov 2009 00:47

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No, he was definitely "off" on this one. Just annoys me how even the "good" kids that get

addicted to drugs or alcohol can be noticed by someone with a keen eye but those same good kids with this specific addiction can avoid detection and just fall through the cracks....unless they're lucky enough to stumble upon this site

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Re: 90 days??(gulp) What's the big deal?  
Posted by rashkebehag - 12 Nov 2009 22:35

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I don't understand the mechanec, everyone needs a filter, and even with a filter there is no guarantee. One wrong click on the mouse can get one to discover a world that he never knew existed filled with terrible sights that one cannot avoid being attracted to. Only a filter can help. just as there is an issur *yichud* so to one cannot be alone with the internet.

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 13 Nov 2009 01:07

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I hear that.. I just wonder if the average non-addict instinctively looks away when he encounters such images and know it is out of bounds for him

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Re: 90 days??(gulp) What's the big deal?  
Posted by rashkebehag - 13 Nov 2009 17:26

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i also wonder about that and i imagine so. but , still, one can always *become* an addict. No one is guaranteed that he has on Yietzer Hara in this

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