

The time is now...

Posted by TzviFree - 11 Aug 2015 16:52

I figured I'll introduce myself here, and start writing my (hopefully) 90 day journal as well.

I'm from a yeshivish background, married, and have a couple of children.

I'm 30+, and have been looking at images since I was 10, though my struggles actually started before that. (8? 6?)

The longest clean streak I've ever had since then was about 14 days. That's right. 14 clean days in more than two decades.

I feel like I've tried 'everything.' Therapy, various programs (including something called Candeo, 12 Steps, and other programs)

There are times when I've decided that for whatever reason, Hashem wants me to go through life as an addict. There were other times where I felt that Hashem was rooting for me... Up and down, but mostly down.

I've been treated for depression, and B"H that's behind me. Through therapy I've made a lot of very positive changes in my life. But I just can't get through this addiction.

Although I've tried the Taphsic method before, it just caused me to lose A LOT of money. However, 13 days ago I tried a different approach. I made a neder that I'll give money to Hillary Clinton's campaign if I have a slip. And although the past two weeks have been, well, hell, I've been sober.

Sober, though, is a funny word. I haven't been sober, I just haven't acted out. I know that I have underlying challenges that influence my decision making, where I think that the computer is the best salve for my troubled soul. What my neder has done has given me the time to use other

tools that I've learned along my journey.

Beforehand, it'd be stimulus-response. I feel angry-computer. Stressed?-computer.

Etc. In my mind, really being sober doesn't mean abstaining from the computer. We all know that if my computer was destroyed, I'd still be an addict. Sober, to me, means feeling serene. Able to properly handle the vicissitudes of life without being too shaken. "Veya k'eitz shasul al palgey mayim..."

This morning I had a slip. Well, I define it has a slip, perhaps others wouldn't, as it wasn't so clear cut. As I'm writing this, I'm realizing that although I'm down over this incident, I'm satisfied that it didn't turn out a bad as it used to be. But, true to my neder, I have to give money to Hillary Clinton's campaign. (Do two wrongs make a right?)

I'm not taking my name off the 90 day chart, because I don't think the slip qualifies for that. So my journey continues...

Today is day 14.

My wife is a niddah, and has been for the past three weeks. We had a miscarriage then. We weren't stunned by the news, as we knew early on that this wasn't a viable pregnancy. It still hurt, though.

The silver lining in this is that I have the opportunity to really wean myself off of my dopamine drug. The hard part for me, though, is finding a suitable alternative. So far, music has been helpful. I'm hoping that, over time, my brain just doesn't need the same level of dopamine that I've been giving it for so many years.

Although I'm counting days, I'm really looking at this just one day at a time. I can't get overwhelmed - when I think about NEVER going back to the computer, I get really anxious. So, looking to be sober just for today

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Re: The time is now...

Posted by TzviFree - 25 Dec 2015 03:11

Thanks both for your replies.

I do feel, however, like the creatures in The Island of Dr. Moreau, who, after having tasted blood, are in danger of reverting back to their animal state. I too feel I'm more susceptible to the behaviors that I'm trying to leave behind.

Honestly not really sure what to do. As my earlier posts have stated, I don't know why I've been able to go this long without falling. I'm pretty much shocked.

Don't get me wrong, I try to not stare at things I shouldn't be looking at, I try to remind myself about my connection to Hashem, I try to make sure that I deal with the daily vicissitudes of life in a positive way. All that being said, when I start to feel *that* feeling, well, now what?

I truly don't know! If only it were that easy - oh, just push that button over there, and read these words here, Then you'll be fine!

Well, I know what DOESN'T work. Doing nothing, just trying to 'white knuckle' it out. I have found for myself that if I don't 'deal with it' (whatever that means), then it'll knock me over, maybe sooner, maybe later, but it will happen.

'Dealing with it,' though, is the issue. Sometimes I find that I need to listen to certain songs that make me cry. Sometimes I feel I need to watch something funny. And sometimes, like now, I just don't know!

Daven for me, please.

Deo juvante,

Tzvifree

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Re: The time is now...

Posted by markz - 25 Dec 2015 03:31

It took me at least 90 days to put my finger on what made it for me

My thoughts and prayers are for you - my friend that I warmed my truck up with when I joined this amazing website

Zvi Ben ?

Lhatzlacha

And one day we need to start an "uplift me songs" thread, cos it's something that I really share with you, and we're not the only guys on the forum that have mentioned this...

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Re: The time is now...

Posted by cordnoy - 25 Dec 2015 03:47

[markz wrote:](#)

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Zvi Ben ?

Lhatzlacha

And one day we need to start an "uplift me songs" thread, cos it's something that I really share with you, and we're not the only guys on the forum that have mentioned this...

Fight for life by times of grace

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Re: The time is now...

Posted by TzviFree - 25 Dec 2015 04:19

[markz wrote:](#)

It took me at least 90 days to put my finger on what made it for me

My thoughts and prayers are for you - my friend that I warmed my truck up with when I joined this amazing website

Zvi Ben ?

Lhatzlacha

And one day we need to start an "uplift me songs" thread, cos it's something that I really share with you, and we're not the only guys on the forum that have mentioned this...

Thanks - you'll have to daven for 'Tzvifree' for now, I'm not very comfortable putting out my name.

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Re: The time is now...

Posted by TzviFree - 25 Dec 2015 04:21

[cordnoy wrote:](#)

Fight for life by times of grace

At first I thought you were just being poetic. But of course I googled the phrase. Going to bed now, but will listen later, thanks!

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Re: The time is now...

Posted by Bigmoish - 25 Dec 2015 06:09

It took me a while to train myself not to Google the cordnoyisms I didn't understand.

Generally, I'm better off not understanding...

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Re: The time is now...

Posted by cordnoy - 25 Dec 2015 11:58

[Bigmoish wrote:](#)

It took me a while to train myself not to Google the cordnoyisms I didn't understand.

Generally, I'm better off not understanding...

Amen to that.

You could be ????? ?????? ????? and write that ??? ?????!

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Re: The time is now...

Posted by TzviFree - 25 Dec 2015 14:27

[Bigmoish wrote:](#)

It took me a while to train myself not to Google the cordnoyisms I didn't understand.

Generally, I'm better off not understanding...

Lol!

Funny, just read today in 'Positive Vision' exactly this idea, about trying to temper one's natural curiosity. It's extremely difficult for me, as I am inquisitive by nature...

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Re: The time is now...

Posted by TzviFree - 27 Dec 2015 14:53

Celebrate with me!!!

30 days!!!

I feel like Hashem gave me a 'head start' on this - the first two weeks or so, BH, were uneventful. Only in the past two weeks have I really faced the same struggles that I've faced in the past.

Last night, as I was going to bed, I was about to take the laptop with me. I told myself that I won't go to any illicit websites, I just want to watch a funny video on youtube, or read the news. And although almost every time I've done that in the past, it ended up leading to inappropriate images, I told myself, well, this time it's different. Like I've told myself so many times in the past...

And then I said to myself, "What am I doing?!?" I left the laptop in the living room. and BH went to sleep without an issue.

I had a thought this past Friday night - I was really struggling with my thoughts, and saying to myself that when my contract runs out, I'm going to go back to my old behaviors. I just can't take it anymore.

And when I thought to myself that I can't do that, I'll let down those on the forum, and ruin my streak, well, that thought just made things worse! I mentioned in the past that I need to leave 'room' to be able to, at some point, look at porn. Otherwise I will certainly fail now. However, I keep moving that point further and further down the road, and don't actually do it.

But now, when I realized I'm 'trapped' by my own success, by my streak, I felt stuck!

And then it hit me, tell me what you think -

The power of the Yetzer Harah is solely based on creating an illusion. Much like the mages of Paroh were unable to duplicate Aharon's feat with his staff, as they could only create the illusion of a snake, while Aharon's snake was real, the Y'H can only create the illusion of a problem.

I told myself I'm stuck, that I MUST continue the streak. And because I'm stuck, I felt like throwing in the towel now. But the truth is, I'm NOT stuck! I have bechira, I can choose, at any moment, to succeed and fail.

It's funny, I have to tell myself that I have the ability to fail, in order to give myself the ability to succeed. "????????? ?????? ????????, ???-????????????? ??????-?????????--????????? ?????????? ?????????? ??????????, ?????????? ??????????????; ??????????????, ?????????????--????????? ??????????, ??????? ??????????."

You have to have the ability to choose even the bad, in order to make a choice for good.

Amazingly, when I had that realization, the intense feelings melted away. And Hashem has given me another day.

Although I have BH reached 30 days, the feelings, at times, are still just as intense as day one. Perhaps I expected them to go away, but it's ok. I've spent a lifetime creating my addiction, I don't expect it to go away in 30 days.

With gratitude,

TzviFree

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Re: The time is now...

Posted by Shlomo24 - 27 Dec 2015 18:32

wishing you much hatzlacha

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Re: The time is now...

Posted by gyejew - 06 Jun 2016 14:43

[markz wrote on 12 Aug 2015 02:38:](#)

[G.P.S.](#) plenty [Solutions](#)

[Free Lust Truck Towing Assistance](#)

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To help you pass the 1st hurdle and make it to 21 days, which is a challenge for me too, I want to partner with you for the next 7 days and match your donation to Hillary Clinton in a different

way.

bl"n Every day that you keep climbing and don't slip I will donate \$7 to a worthy charity of your choice. So keep me posted please a week from today - where to send my \$50 check. Tzvi, we have a Deal?

test quote

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Re: The time is now...

Posted by YeshivaGuy - 18 Dec 2020 04:37

How u been Tzvi? Don't give up on yourself! Come back!

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