

Ben Torah's 90 day journey and beyond

Posted by BenTorah.BaalHabayis - 20 Dec 2015 05:44

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Okay Chevrah, I wanted to start this thread 2 weeks ago but didn't get around to it. B"H I'm already 17 days clean and would like to post updates about my journey in this thread.

Iv'e been reading many many threads in the forums over the last 2 weeks and Iv'e gained a lot insights. For one, I really need to thank Hashem for allowing me to find GYE at this stage in my life, when 1) I'm still young and only married a few years, and 2) Although Iv'e been struggling for years with porn and masturbation it nevertheless has not went beyond that to worse things and for the most part did not affect my normal functioning as a Father/Husband/Breadwinner. With Hashem's help, along with the wonderful Chevra here I will succeed in breaking free permanently of my current struggles too.

Another point I'd like to make is that for the bulk of the 17 days Iv'e been clean my wife & I have been mutar to each-other. Some may say that's a crutch and therefore my current clean streak is not really a sign of progress. However I noticed a remarkable difference in a different way. Because in the past even if being mutar to each-other helped me to not act out for a week or 2 I nevertheless struggled a nightly basis with hirhurim/ fantasies. In other words, the lust was there but it simply had a mutar outlet. But in the last 17 days Iv'e B"H been able to go to sleep at night for the most part with a clear mind and without lusting. To me that's a HUGE difference and I like to think it's a real sign of progress.

I'm still trying to work out what has affected this change. So far I haven't really used any tools besides the forum and Chizuk emails.

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Re: Ben Torah's 90 day journey and beyond

Posted by BenTorah.BaalHabayis - 20 Jun 2016 04:41

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I attended my brother's wedding on Thursday. I think I did pretty well on the Shmiras Einayim front, even while entering the badekin...

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Re: Ben Torah's 90 day journey and beyond

Posted by BenTorah.BaalHabayis - 07 Jul 2016 02:58

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I am lost. I fell again on Motzei Shabbos and since then it's been downhill.

It happened very suddenly. I was in the park on Shabbos afternoon with my daughter, when I drop-dead gorgeous woman showed up with her kids, the likes of which I haven't seen in a while. I simply couldn't take my eyes off of her. And I continued lusting all afternoon and it culminated with masturbating on Motzei Shabbos. Once I fell it all broke apart and I once again am finding myself absorbed in porn.

Unlike last fall where I bounced back fairly quickly and easily, this time I'm just feeling lost, unable to get back on track. I need something different.

I was surprised at how this woman caught me off guard like that. But I think that really ever since my last fall I've been lusting mildly the whole time. Since I wasn't really controlling my lust, once something like this hit it took over me.

I think I need a break from the "90 days" because I see that once I fall I'm let loose. It worked nicely to get me started with recovery, but now I really need something else. I plan on reviewing the Handbook again since I haven't read in a while.

Any feedback or suggestions will be very much appreciated.

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Re: Ben Torah's 90 day journey and beyond  
Posted by Markz - 07 Jul 2016 03:13

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BBBH I miss driving on the same lane as you on the GYE highway

Sorry to hear about your crash

I guess they don't call it drop-dead for nothing, addiction can kill c'v

I haven't mastered the handbook yet

If you've read the handbook previously, I'd recommend you navigate with the GPS (in my signature) which can give you a fast reboot to recovery

Are there any gyes you're in contact with, do you have their phone # as I do

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Re: Ben Torah's 90 day journey and beyond  
Posted by cordnoy - 07 Jul 2016 03:13

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Sounds like a good move.

B'hatzlachah

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Re: Ben Torah's 90 day journey and beyond  
Posted by Workingguy - 07 Jul 2016 15:37

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Ben,

I'd love to shmooze, I'm on my way up from a hard time too and can use some phone contact.  
Can you send me your number again?

Markz,

Can you email me or PM your number? I need some numbers, especially since my wife is going away on Sunday for more than a week.

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Re: Ben Torah's 90 day journey and beyond  
Posted by Josephsbrother - 07 Jul 2016 20:23

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[BenTorah.BaalHabayis wrote on 07 Jul 2016 02:58:](#)

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Now we know again there is no such thing as time to be caught off guard, we are attracted by beauty, yet yesterday was yesterday, we have One who has called us to guard our eyes, and then allows the beauty to be sent, it is the physical beauty that draw us, I do not settle for just a look, if it is strongly tempting I set out of the situation, no pausing allow in the strength of the Almighty. If I have prepared for the day, study Torah till I am supercharged with set-apartness, then I will go engage the human in conversation, for if the spiritual beauty is there then humans can focus on the beauty of One's .

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Re: Ben Torah's 90 day journey and beyond

Posted by inastruggle - 08 Jul 2016 04:02

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If the keeping count thing is hurting you then dump it.

The most important thing is always to be happy today. Lusting is (for at least some of us) a sign that we're not happy.

I think it's great that you're seeing what's working for you and seeing in retrospect that you were lusting. It'll help for today.

KOT and KUTGW!

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Re: Ben Torah's 90 day journey and beyond  
Posted by Workingguy - 08 Jul 2016 13:58

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[inastruggle wrote on 08 Jul 2016 04:02:](#)

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The most important thing is always to be happy today. Lusting is (for at least some of us) a sign that we're not happy.

I think it's great that you're seeing what's working for you and seeing in retrospect that you were lusting. It'll help for today.

KOT and KUTGW!

Keeping happy is probably the biggest challenge.

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Re: Ben Torah's 90 day journey and beyond  
Posted by inastruggle - 08 Jul 2016 22:55

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This is one of the most important ideas I've ever heard in my life.

[www.aish.com/sp/f/48968901.html](http://www.aish.com/sp/f/48968901.html)

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Re: Ben Torah's 90 day journey and beyond  
Posted by realsimcha - 11 Jul 2016 12:16

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So sorry to hear about your fall. I went through that as well recently and it is so so painful. Just keep in mind that a fall doesnt put you back to zero. Every sober day is still an accomplishment that you take with you. If you can be sober today - just today - you have accomplished an accomplishment that can never be taken from you. I've been on a roller coaster the past few weeks. But in between there have been some sober days. Those days are there. They may not be in "my count" but they are in me. And I know that for me to get through today I need to know that today is the most important day of my life.

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Re: Ben Torah's 90 day journey and beyond  
Posted by Markz - 21 Aug 2016 03:30

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Hows life???

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Re: Ben Torah's 90 day journey and beyond  
Posted by BenTorah.BaalHabayis - 05 Sep 2016 17:47

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[Markz wrote on 21 Aug 2016 03:30:](#)

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Hows life???

I mean, overall life is great. I get to be in Yeshiva part time, and I have a stable Parnassah B"H. My family is healthy and we are expecting another child in about 3 months. Shalom Bayis is not bad (although physical intimacy is almost non existent). What more could I ask for? (Well yeah, maybe improved physical intimacy. But in the grand scheme my life is very good.)

And it's precisely because of this that I have this thick cloud of guilt and shame hanging over me because of all my acting out. I feel like such a ????? ????.

Even if I could manage to get over the guilt I still cannot handle the ever present lust which is my driving me crazy. After reading different things, particularly from Dov, I think I've come to the realization that I'm indeed an addict and my life is unmanageable.

Not sure where to go from here. I'm exploring various 12 step material.

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Unmanageable.

Re: Ben Torah's 90 day journey and beyond  
Posted by Markz - 06 Sep 2016 03:39

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BBBH I feel for your situation

We're in this together! And we're gonna break free together!



Youve had enough Fell Shmells



I see Yesods plane is hovering over this page, maybe he'll be so kind and give you a hitch to his next 12 step meeting (which may be around the corner from you). Let him know what time to pick you up - he prefers early morning trips...

Watson has stated previously that 12 stepping without a sponsor is like dancing without singing or music - he didn't use those words but that was his point

Do you want to sing and dance? I sure think so.

**KOT**

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Re: Ben Torah's 90 day journey and beyond  
Posted by Shlomo24 - 06 Sep 2016 16:40

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A very common 12-step saying is, "Half measures availed us nothing."

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