

Ben Torah's 90 day journey and beyond

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

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 pischoshelmachat - 02 Mar 2016 14:47

Mazel tov on this beautiful Simcha. You are a real inspiration.

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Re: Ben Torah's 90 day journey and beyond

Posted by goodchange613 - 02 Mar 2016 20:33

Mazel tov on this simcha!

its good that your making sure to stay vigilant, im one of those who was not and literally fell on the 91st day and learned the lesson the hard way. good for you.

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Re: Ben Torah's 90 day journey and beyond

Posted by BenTorah.BaalHabayis - 03 Mar 2016 19:32

Mazal Tov! My brother just got engaged. And so, I am joining the club of people dealing with Sister-in-law relationships. Although I have a number of Sisters in-law on my wife's side, it's different. Because my wife is a youngest, and all her sisters are significantly older than her, so these women are out of my realm if you know what I mean.

But I'm an oldest and haven't had any SIL on my side. Now that my brother is engaged B"H it's going to be a new experience. We're talking about a young, pretty and charming (from the pics which were sent and everything I've heard so far) girl. I would appreciate any tips from the more experienced guys on how to properly navigate this relationship in terms of recovery and sobriety.

Thanks in advance!

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Re: Ben Torah's 90 day journey and beyond

Posted by Yesod - 03 Mar 2016 23:28

Hold your breath until she has her 2nd kid

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Re: Ben Torah's 90 day journey and beyond

Posted by markz - 03 Mar 2016 23:35

The amount of perfume they put nowadays you'll have to hold your breath till the 12th kid

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Re: Ben Torah's 90 day journey and beyond
Posted by cordnoy - 03 Mar 2016 23:59

She's not yours.

Stay the Hell away!

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Re: Ben Torah's 90 day journey and beyond
Posted by markz - 04 Mar 2016 00:06

[cordnoy wrote:](#)

She's not yours.

Stay the Hell away!

100%, that's what I do with my SILs

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Re: Ben Torah's 90 day journey and beyond
Posted by BenTorah.BaalHabayis - 04 Mar 2016 03:47

[cordnoy wrote on 03 Mar 2016 23:59:](#)

She's not yours.

Stay the Hell away!

Cords, bemechila mi'kvodcha, I have no idea what you're talking about. I understand that she's not mine. But I can't just "stay away". She and my brother will be spending plenty of time with us, I am sure. We're going to have a shabbos with them next week. And I'd like to make her comfortable with joining our family, but I don't want it to affect me in a negative way as far as lusting is concerned. So I want to know how to strike that balance.

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Re: Ben Torah's 90 day journey and beyond
Posted by Josephsbrother - 04 Mar 2016 06:49

[BenTorah.BaalHabayis wrote:](#)

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Thanks in advance!

Pray, pray, pray, if you have the smallest doubt, call in sick, but if you are one of Gideon 301 men, and you know you have this victory, then go with either wife or child, or latest picture of wife, And with some exciting story of yours. Keep looking for angels above the right shoulder. Make it your goal to meet the oldest male and female relatives, and give yours prayers and blessings. Spend a lot of time with men, and plan a quick but brief congratulations, Oh did I mention prayer, or calling in sick. No one needs to know it possible lust sickness.

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Re: Ben Torah's 90 day journey and beyond
Posted by Josephsbrother - 04 Mar 2016 07:01

Recovery, the day comes when love wins with a pure heart, the best females to begin practice pure thought and actions is grandmas. Every young woman becomes an old woman.

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Re: Ben Torah's 90 day journey and beyond
Posted by cordnoy - 04 Mar 2016 11:41

[BenTorah.BaalHabayis wrote on 04 Mar 2016 03:47:](#)

[cordnoy wrote on 03 Mar 2016 23:59:](#)

She's not yours.

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There are girls in this world.

Pretty ones as well.

Some will be near us.

You created this problem and are worried about it, even before you saw her.

I didn't mean to stay away physically.

It is our job to learn how to live life and that is what we need to do.

B'hatzlachah

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Re: Ben Torah's 90 day journey and beyond
Posted by Josephsbrother - 27 Mar 2016 03:20

[BenTorah.BaalHabayis wrote:](#)

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Thanks in advance!

I hope and pray all is well, and the family blessing of new kin through marriage shall have made you stronger, and in HaShem , bless our Friend of all,brought you strength to love all new in family, with a pure heart of our One, family is right testing ground for righting past wrongs, and preparing us to stand as examples for others to bring the family of men together as Adam one family.

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Re: Ben Torah's 90 day journey and beyond

Posted by BenTorah.BaalHabayis - 15 May 2016 20:34

Hello everyone! Checking in after a few week absence from the forums. I hope you all had a wonderful Yom Tov.

Pesach was really the reason I haven't been on the forums much. I was away overseas at my parents and the change of setting and routine did not allow for much GYE time.

I got back to the States last week and I am really feeling the affect of being away from GYE. I don't think I realized just how important my participation in the forums is for maintaining my sobriety.

In addition, the particular environment of the community where my parents live in is such that I really didn't have very much of a challenge with Shmiras Einayim. Yes, I needed to avoid the small gathering right outside shul after davening and stay away from the park on Shabbos afternoon. But otherwise, there was very little confrontation with anything which pose a nisayon. I also the think that the high of Yom Tov and the hustle and bustle of all the family made it that I just wasn't thinking about these things too much.

But then I came home, and reality hit! We stopped at a Bagel Shop for breakfast on the way from the Airport. Immediately I realized I was lusting like I haven't been in months, as there were a number of well dressed women who also chose to have late breakfast...

I don't know what to do with myself. Baruch Hashem I have not fallen, and this is when I am very thankful for the filter on my phone! But I am definitely lusting, and among other things I know it because I've woken up from wet dreams twice in the last few days. While that's technically not a fall, I know it's a direct result of my thinking about things I shouldn't be and this all feels very wrong.

If you have been reading this far, thank you! I need some chizuk!

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Re: Ben Torah's 90 day journey and beyond

Posted by realsimcha - 15 May 2016 20:38

Welcome back! Don't take for granted that you are able to be focused on other things over a Yom Tov. That is a gift that not everyone has. I think you just need to give yourself time to adjust ... traveling itself is a major trigger for me and I always need to hang on for a while after I return home. Great to "hear your voice" on the forum!

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