

Struggla's Struggle of the 90 day challenge!

Posted by struggla21 - 10 Nov 2009 06:57

Hello All,

My name is Struggla (not my real name obviously, but you can call me that here). Its been five days since i have not fallen. I live in the Midwest (of USA that is). I go to school, in a professional program. I have changed my life dramatically in the last few weeks to get myself to where I am right now.

The name Struggla came from a song my Matisyahu. I look up to him and can really relate to him. I like this song very much, I think it has to do a lot with my struggle through life with this addiction issue.

"Rise and never fall cause I been through it all"

This verse really stands out to me and thats my motto that I want to live by cause i have rising my judiasm and religious wise and all i wanna do is keep rising and never to fall cause i already know what thats like, no point in going back.

I'm 20 yrs old now, gonna be 21 soon. The 21 in my user name is part of the reason cause i'm gonna be 21 and another part is cause usually on average i can hold out for 21 days without falling. Hopefully by staying connected to the Shimras Ainayim website I can beat this addictive issue. Although right now I am not sure if I really am an addict or not - no worries i have my justification for this statement will prove later.

I remember the first time I had my sexual encounter was back in the old country - i am from central asia and i came to america when I was about 7 yrs old. My parents and my siblings are very very traditional and i am also, but i was more raised here so I am also more americanized. Anyways, I was 7 years old when i discovered what masturbation is. Now there was no porn or movies or hbo. It was just me exploring and bam, i found something i liked but Somehow I knew it felt wrong doing it. My initial feeling was proven to be correct because one day in the old country i decided to go sleep in the guest room when we had lots of people over. It was separated from the rest of the house. As I started to masturbate cause i didnt know why, just cause it felt good. My mom walked in and saw me. She flipped out ofcourse and told me to stop and i asked me what i was doing. well i had no clue what was i doing. from that moment on i felt out of place, never really felt part of the group and society. Well its been awhile since that incident. I have been able to control myself for certain periods of time. When I was in israel from the summer and went to yeshiva, i had no intention of falling - maybe because i was in a

religious enviroment. I was in Boro Park this past summer and the more time i spent there, the less i fell and more religious i became. And I wanna keep that feeling.

So why did I decide all of a sudden to keep this challenge? Well first of, i like the feeling of satisfaction that I am not committing a sin and overcoming the y"h. The morning I wake up after not falling is a pretty good feeling. A feeling of accomplishment. Now for the real reason: I was standing at shul for nielah at yom kippur and asking Hashem forgiveness and that I may do tshuvah for all the averim that i have done in the past life. A few nights before Yom Kippur I learned about what it means to do tshuvah and what is tshuvah gavora - the ultimate return to Hashem! Well picture this, i'm standing there asking Hashem for tshuvah and to be written in the book of life and yet I'm thinking that I ask for this every year and every year Hashem grants me life. EVERY SINGLE YEAR!! and what do i that in that year? I SIN! yes i do. so this year I am minimizing my sins. Hopefully i will come to a point where I wont be doing any sins, but thats practically impossible for any human being. This year I am going to better myself and become a better person. So here I am, changing myself. You know what else I realized, its not gonna be easy. No one said it was gonna be easy, but hey I have time. There are lots of changes I have made since then, especially in the last few weeks.

I should say that I wasnt shomer negaih (as u will see later) this makes masturbating a lot harder too. I am now tho and its been great so far. I have also stopped dating unitl I get this addiction settled away. I beleive that would be best. and also till i'm done with school which is gonna be awhile.

Here are some major changes in my life thus far:

- listening to kosher music: matisyahu, moshav band, our traditional music, etc
- watching kosher movies or shows or any tv (i barely watch tv anyway with school in the way now)
- stopped watching porn (which i have not found to be a problem. I dont have a filter on my computer, i just dont go to those sites - what you guys think?)
- talking less to girls
- looking at girls less
- broke up with my girlfriend.

Yes, I had a girlfriend. I know its not an orthodox thing to do but i live in a society where it is acceptable. She is from new york and she was also a struggla. We both seem to fit pretty well actually, but i would admit that i did get blinded by her beauty sometimes. Well we werent

shomer nagiah and eventually we came to be shomer together. but still, we sometimes have some heavy intamite converstaions late at night. Anyways that led me to do things i shouldnt be doing. We broke up not too long ago (a couple days) and in some ways i am glad. Now i can focus on my set goal that i have set from yom kippur.

So thats my life in a nutshell (or a post haha). Hope to meet you all and here we go through this journey, hopefully it wont be a struggle though!!!! :D

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Re: Struggla's Struggle of the 90 day challenge!

Posted by struggla21 - 05 Jul 2010 04:53

i had a bit of a fall last night, actually 2 falls. last night was a crazy night, so first time experiences.. but i did learn to 2 things: emunah and bitchon in Hashem! what i mean is, i need to have bitchon in Hashem that he will help me through the tough times and emunah for assurance that, that help will be followed through.

Hopefully, bezerat Hashem, I have and Hashem will give me the will power to continue on.

Day1: July 4th, what a good day to gain "independence " from this terrible avera. Doing well so far, Hashem please help with the rest of the night - Toda!

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Re: Struggla's Struggle of the 90 day challenge!

Posted by briut - 05 Jul 2010 14:40

[struggla21 wrote on 01 Jul 2010 21:12:](#)

well i fell last night, and i am going to post every day!

Nu? Were you just saying this, or what? We didn't hear from you in a coupla days, and the results don't look like what you were hoping for.

Speaking as an obsessive post-er (certainly TOO much posting, but y'all are very nice in humoring me), I see great value in keeping in touch. Good luck. You're gonna get to the other side of this....

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Re: Struggla's Struggle of the 90 day challenge!
Posted by struggla21 - 06 Jul 2010 04:50

Briut - you are right! i get lazy, but i will do my best!

ive been to the other side and i like it! cant wait to be back!

Day2: gonna goo so far, everytime i get a thought - i imagine Hashem taking a mallet and smashing those bad images and i see them shutter into small peices. its a wonderful image lol. I read aaron's article on the chizuk email today. it was very uplifting and gave me a perspective of who i was. pretty good day! heading to bed soon.

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Re: Struggla's Struggle of the 90 day challenge!
Posted by BecomeHoly - 06 Jul 2010 06:08

a bit of brutal honesty here:

reading how you got to 90 and fell soon after makes me realize that Dov is right - its really gotta be day by day. Counting is really just a guage on whether you're on your way to rewiring. Its something to look forward to, not fall back on...

For TODAY I will be a holy Jew. Session is adjourned until tomorrow. DIDN"T YOU HEAR ME MR. YETZER HARA?? Tomorrow is NOT up for discussion. Today has been decided already. Court DISMISSED!

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Re: Struggla's Struggle of the 90 day challenge!
Posted by yehoshua - 06 Jul 2010 10:07

my respect: 90 days is 90 days. You gave me hope!!! I feel stronger because of you!!!!

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Re: Struggla's Struggle of the 90 day challenge!
Posted by struggla21 - 07 Jul 2010 04:54

i CAN'T believe i fell again, but i gotta get up and go one day at a time.

Day1: im going to bed now, bedtime is the hardest time for me, but i figured out that i need to go to sleep on time. thats what i used to do and thats what i have to do now. The overall day was good, i learned Torah, but night time is ahhhh! bezerat Hashem I will be okay tonight.

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Re: Struggla's Struggle of the 90 day challenge!
Posted by yehoshua - 07 Jul 2010 06:43

Uf, why did you fall?

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Re: Struggla's Struggle of the 90 day challenge!
Posted by struggla21 - 16 Jul 2010 15:55

i figured out why i kept falling, but each time, before i fell, i knew, i had a feeling that i am doing something wrong.

it was my birthday recently and I promised myself that this year is going to be different. NO

MORE FALLING!! STOP THE TRIGGER BEFORE IT EVEN BEGINS!! i know this will be tough, BUT just one day at time. one day at a time.

and to be honest, I cant post everyday. I try to get online, but some days i really do not want to be next to a computer at all. Which i think is good. Less computer time, less opportunity of triggers (yes - i have a filter!).

so Day 1 thru 4: doing well. PUSH. pray until something happens.

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Re: Struggla's Struggle of the 90 day challenge!
Posted by struggla21 - 07 Oct 2010 06:45

1:43 am.

I messed up, again.
Shabbat Shalom

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Re: Struggla's Struggle of the 90 day challenge!
Posted by Sturggle - 07 Oct 2010 10:09

remember that the y"h wants to get you down now. that's his game. don't let him win!

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Re: Struggla's Struggle of the 90 day challenge!
Posted by struggla21 - 07 Oct 2010 22:23

i saw a bumper sticker today on the way to school. it said "PRAY NOW".

when I got to school and parked, i saw another bumper sticker. it said "GOD LISTENS".

If this is not a clear cut sign from HaKodesh Baruch, i dont know what is.

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Re: Struggla's Struggle of the 90 day challenge!
Posted by silentbattle - 08 Oct 2010 09:12

Indeed - hashem is always sending us hugs and waves hello...we just have to open our eyes to see them - and clearly, you have! :D

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Re: Struggla's Struggle of the 90 day challenge!
Posted by struggla21 - 10 Dec 2010 07:16

From DailyHalacha.com

The Rabbi Jacob S. Kassin Memorial Halacha Series

Authored by Rabbi Eli J. Mansour (12/10/2010)

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Description: How Should One Respond After Dreaming That He Committed a Sin?

If a person dreamt that he committed a sinful act - such as a dream that violated Shabbat or ate on Yom Kippur - should he view the dream as a sign from God that he must repent? Or, may he simply ignore the dream?

Rav Haim Palachi (Turkey, 1788-1869), in his work Haim Be'yad (52), writes (listen to audio recording for precise citation) that there is no need for one to be concerned about such dreams. He notes that to the contrary, the Gemara comments that certain dreams involving sinful conduct are actually auspicious omens. For example, the Gemara comments that one who dreams that he engaged in an incestuous relationship should expect to acquire wisdom, and a dream of a relationship with a betrothed girl could mean that a person will become a Torah scholarship. Clearly, then, a dream about an inappropriate act does not necessarily portend evil or indicate that one must repent.

However, the Ben Ish Hai (Rav Yosef Haim of Baghdad, 1833-1909), in his work *Rab Pe'alim* (vol. 2, Yoreh De'a 32), writes that sometimes dreams of this nature may, indeed, be an indication that one had inadvertently sinned and requires atonement. He cites the Gemara's comment in *Masechet Nedarim* that if a person dreamt that he was placed in excommunication, he should seek release from excommunication. Furthermore, Rav Haim Palachi himself, elsewhere in that same work (*Haim Be'yad*, 92), writes that it is praiseworthy to be concerned about such dreams. And he relates the story of the Tashbetz (Rabbi Shimon Ben Semah Duran of Algiers, 1361-1444), who dreamt that he ate non-kosher meat, and after some inquiry discovered that indeed he had eaten some meat of questionable kosher status.

In fact, Rav Yaakob Haim Sofer (Baghdad-Israel, 1870-1939) would record every time he dreamt a bad dream, and eventually collected all these descriptions into a special booklet. For example, he writes that one year on Erev Pesah, he dreamt that some kosher meat and non-kosher became mixed together, and once he dreamt that certain cheese which was assumed kosher was in fact not kosher. On other occasions, he dreamt that there were worms in the bread sold in the kosher market, and that recently-slaughtered meat was not kosher. And there was once when he dreamt a verse, "God shall protect your soul," and in the subsequent weeks certain calamities befell the community, but Rav Yaakob Haim was spared. He also writes that every year on Tisha B'Ab he would dream verses of comfort and consolation.

Interestingly enough, in his work *Kaf Ha'haim* (239:6), Rav Yaakob Haim relates an incident of a person who entered the synagogue for the Mincha prayer, and he began the service with the Amida, skipping the preliminary recitations ("Le'shem Yihud," "La'menase'ah," the Ketoret, and "Ashreh"). He then dreamt a dream criticizing him for skipping these sections of the prayer service. As it turns out, this man was none other than the *Kaf Ha'haim* himself; he records this dream in the aforementioned booklet. He once skipped the preliminary portions of the Mincha service, and he was criticized for this omission in a dream. Similarly, he writes in *Kaf Ha'haim* of a person who customarily gave three coins to charity during the recitation of "Va'yebarech David" in the morning, and once neglected to make this donation. He then dreamt that he was criticized for neglecting this practice. This, too, is a reference to the *Kaf Ha'haim* himself, as he records in his booklet. Thus, according to the *Kaf Ha'haim*, dreams of this nature are certainly worth concerning oneself about, and one should respond through serious introspection and repentance.

Practically speaking, all this applies on the level of *Midat Hasidut* (a special measure of piety), and is not required according to the strict Halacha. Additionally, one who feels distressed and anxious as a result of his dream should use it as an opportunity for introspection and Teshuva. On the level of strict Halacha, however, one may certainly ignore such dreams and is not required to undertake any special measures in response. This is the ruling of Hacham Yishak

Yosef, in his work Shulhan Ha'ma'arechet (p. 5).

Summary: Strictly speaking, there is no need for one to be concerned upon dreaming a bad dream, such as a dream suggesting that he had committed a forbidden act. Nevertheless, it is meritorious to utilize such dreams as opportunities for introspection, particularly if the dream causes one anxiety.

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Re: Struggla's Struggle of the 90 day challenge!
Posted by silentbattle - 10 Dec 2010 07:41

Hi! Great to have you back - how are you doing?

Have you been dreaming recently?

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