

Struggla's Struggle of the 90 day challenge!

Posted by struggla21 - 10 Nov 2009 06:57

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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 - 01 Dec 2009 19:52

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Day 2 of this Beautiful Journey!

Why is it beautiful you ask?

Its beautiful cause I have relized that you gotta find the good in everything. So even in this situtation, when sometimes I have the urge to fall or slip, I stop myself and say: "I know whats happening here and I'm not falling for it. Hashem loves me and this is just a test that i have to

"

I went to learn on sunday for a few hours and yesterday as well. Emunah - thats my new word!

I heard this Rabbi say when you are talking to Hashem, picture that you are talking to your Zadie. Hashem is like Zadie, he listens to you, he gives you everything you want, he spoils you, Bubie even give you candies and chocolates. Your grandparents are the safest people and thier home is the safest home. You can tell them anything and they will listen to you and give you everything you ever need or want and MORE!

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

Posted by struggla21 - 04 Dec 2009 06:37

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If bad thoughts come, I kick em out. They aint comin to my head!

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

Posted by 7yipol - 05 Dec 2009 20:16  
5 days so far, doing alright

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Struggla

Beautiful!

Youre on the way full spead ahead!

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

Posted by imtrying25 - 05 Dec 2009 21:41

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Hey Struggla. Im right behind you. keep that path beaten for me. Having all you guys around mekes things so much easier. CHOP 'EM DOWN!

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

Posted by NOYA - 08 Dec 2009 15:26

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you the man struggla

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Re: Struggla's Struggle of the 90 day challenge!  
Posted by imtrying25 - 08 Dec 2009 17:01

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Re: Struggla's Struggle of the 90 day challenge!  
Posted by struggla21 - 09 Dec 2009 18:14

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Why the sad faces, IT25?

I have final exams now so i've been focusing on that lately. Will be done soon tho! And then ima spend my days here.

Had a fall recently and I think i figured out why it was caused. Shabbat and Sundays are my most tough days, i think its cause I am not in school and not too busy. So i just gotta find something that will keep me busy and away from the computer or any place that can give me impure thoughts.

I learned with a Rebbe on Monday night. He said there are 613 connections to Hashem. 613 ropes that keep us tied to Hashem. If we break one and do Tshuvah, we re-tie the broken rope,  
This must be the best thing I have ever heard. I know I fell, but

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Re: Struggla's Struggle of the 90 day challenge!  
Posted by sci1977 - 09 Dec 2009 21:13

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Keep thinking of things that make you happy. I'm learning in my own battle the more positive you think the positive you can do. Keep going!!! You can do it.

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Re: Struggla's Struggle of the 90 day challenge!  
Posted by imtrying25 - 09 Dec 2009 22:02

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Why the sad faces, IT25?

They were supposed to be question marks, like where are ya. But they converted them into those facey thingy whatever. ???

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Re: Struggla's Struggle of the 90 day challenge!  
Posted by struggla21 - 10 Dec 2009 05:35

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Thanks Sci1977! I defiantly have started to think more positive : )

IT25, I'm always at GUE in my heart!!

I'm looking for sponsor, no matter what level you are at. Someone I can talk on the phone with.  
I'm in America.

Anyone Interested??

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Re: Struggla's Struggle of the 90 day challenge!  
Posted by the.guard - 10 Dec 2009 19:10

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Hey struggla, I quoted you in today's chizuk e-mail!

For partners/sponsors, send the questionnaire to our "Partner Gabai"... See [this page](#) for more info.

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Re: Struggla's Struggle of the 90 day challenge!  
Posted by struggla21 - 11 Dec 2009 05:40

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Re: Struggla's Struggle of the 90 day challenge!  
Posted by struggla21 - 14 Dec 2009 04:22

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I made through Sunday without a single slip or fall, this whole week actually!!

Probably cause i was really focusing on studying for exams tmrw - i got 2 tmrw and 1 on Tuesday and then I am done!!

Chanukah Sameach Everyone!!

~~Thanks Gaurd! You just made my day~~

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Re: Struggla's Struggle of the 90 day challenge!  
Posted by imtrying25 - 14 Dec 2009 11:51

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Happy chanukah to you to. Keep up the struggle struggla. Seems to be getting you places. Oh and hatzlacha on your exams.

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