

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 - 20 Dec 2009 06:39

Thanks everyone!

I finally finished with my exams, whoosh. I know it was alot of work, but in some ways I kinda miss it. It kept me busy, it kept my mind busy.

So what I did was make a list of things I need to do over break. Such things as: clean the car, fix my shoes, etc. So i've been doing that, along with hanging out with friends. if i my mind starts to drift off, i take a look at my list of things to do and do em (or at least think abt doing em).

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

Posted by Sturggle - 20 Dec 2009 09:19

sounds like a great plan!

kutgw!

and enjoy the break!

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

Posted by imtrying25 - 20 Dec 2009 13:14

[struggla21 wrote on 20 Dec 2009 06:39:](#)

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You missed the most important thing. POST LIKE A MADMAN!!!!

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

Posted by Momo - 27 Dec 2009 08:38

YOU ARE SOMEBODY SPECIAL!!!

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

Posted by imtrying25 - 27 Dec 2009 14:20

How you doing struggla?

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

Posted by struggla21 - 28 Dec 2009 18:22

Hey Everyone and IT25 and Momo!

I've been doing well. Been really keeping myself busy!! Im on vacation right now back in New York (mainly Boro Park and sometimes Queens).

I have a question for everyone, I need a reply in the next **5 hours**. I am going out tonight for the first time with a very religious girl. I have talked to her on the phone and she told me that she wants someone who learns at least part time, no tv, no movies and no internet. I have grew up with a tv and internet and i dont know if I can give up those things.

I do however see the benefits of giving up those things - less triggers, less slips. But as of now, having filters and keeping busy works for me. I use the internet often enough that I would like to have it around. As for tv, i guess i can do without. As for movies, i would still like to see a movie everyone once in awhile just to unwind.

So what do you think about this? Is it worth it? I really dont know what to do...

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

Posted by Ano Nymous - 28 Dec 2009 19:09

I'd say don't do it. You're setting yourself up for failure because you aren't really ready to give all that up, even if you'd "like" to, and even though it is a noble goal. But don't take my advice; I'm a 20 year old who's never gone on a date in his life :D

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Re: Struggla's Struggle of the 90 day challenge!
Posted by habib613 - 28 Dec 2009 19:18

i think you have to be honest with her.

if it's not where you're holding right now, she DOES have to know that.

or else in 2 years she could be miserable with a life she doesn't want, and you could be miserable with a nagging wife.

if you already have the date scheduled, go, but make your hashkafa clear.

my 2 cents.

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Re: Struggla's Struggle of the 90 day challenge!
Posted by sci1977 - 28 Dec 2009 19:32

I think you need to be honest with her and yourself. If not, this will turn very bad quickly.

If you like TV or movies or the internet, you have to tell her. It's up to her how she responds to it. Good luck with your decision.

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Re: Struggla's Struggle of the 90 day challenge!
Posted by NOYA - 28 Dec 2009 20:34

Hey struggla. Before you agree to go on a date with anyone, what is important is for YOU to establish what you want in your home.

Basic things you have to work out, questions that are expected for you to be able to answer include whether you'll have internet, tv, etc.

It's a pretty big deal in the shidduch world I hear. There's a laundry list of questions about yourself that you should be able to answer, and you have to think about the questions and look inside yourself as to what you really want out of life and out of daily living. So before I would date anyone I would really work out those details as to what you want and what kind of a girl you want, and what your learning plans are.

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Re: Struggla's Struggle of the 90 day challenge!
Posted by imtrying25 - 28 Dec 2009 22:17

I feel it depends whats on your mind for the future. If you feel your not ready to give up movies tv etc etc you have to tell her that. But if you feel that although you had these things in the past, your not intersted in having them in your home then you dont really have to bring it up. forsure not yet. But you gotta be honest with yourself and not allow outside influences eg your shiduch date to infkuecnce your thinking.

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Re: Struggla's Struggle of the 90 day challenge!
Posted by Sturggle - 29 Dec 2009 09:08

Struggla!

How's NY?!

I didn't get a chance to comment last night and it seems as though you got plenty of good advice.

So, nuuuu, what did you decide in the end?

How was your evening either way?

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Re: Struggla's Struggle of the 90 day challenge!
Posted by imtrying25 - 29 Dec 2009 12:48

Struggla please update us when you can. Its killing me inside that i didnt have time when you needed me. Sorry man. :(:(:(:(

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Re: Struggla's Struggle of the 90 day challenge!
Posted by struggla21 - 31 Dec 2009 01:11

Thank you for all your comments and responds!

Well i did end up going on that date. Afterwards I guess i started to convince myself I can be what she wants to me to be. But slowly I'm starting to realize I think I am wrong. I talked to my Rebbe and he told me straight up that she is not the girl for me. I was very upset at him, but somehow deep inside I knew he is right. I'll have to tell her somehow, building up the courage for that. I hate this part...

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