

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 intimate conversations late at night. Anyways that led me to do things i shouldn't 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 that's my life in a nutshell (or a post haha). Hope to meet you all and here we go through this journey, hopefully it won't be a struggle though!!!! :D

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Re: Struggla's Struggle of the 90 day challenge!
Posted by silentbattle - 22 Jan 2010 17:32

Exactly...see my much-repeated vort from the chofetz chaim...

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Re: Struggla's Struggle of the 90 day challenge!
Posted by OneLife - 24 Jan 2010 15:22

struggla,

i saw here at the fighters of the forum that the process to the 90 is like stocks at the stock exchange, sometimes there are falls but the general trend is up and up otherwise collapse.

and since collapse is not an option for you at all, so your new journey must be better than the last one.

40 days is fantastic. you should be proud of yourself on that. 40 days clean?? WOW! WOW! WOW!

i wish you success my brother, i'm sure with your success.

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[illegible]

If anyone gets a chance, listen to this wonderful lecture on Shmirat Anayim and Teshuva (if you cant listen to the whole thing, start at about 20 mins in, espically the story at 23 mins in! -

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Keep it coming struggla. Your doing great!!! And we need never to forget, everyday clean is something special in it of itself!! Keep on rockin!! Were rollin right with you!!

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Re: Struggla's Struggle of the 90 day challenge!
Posted by silentbattle - 25 Jan 2010 05:28

We're right here beside you - Think of me and OneLife as your bodyguards, fending off attacks by the yetzer hora...we're always there, flanking you, in spirit...

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Re: Struggla's Struggle of the 90 day challenge!
Posted by OneLife - 25 Jan 2010 16:38

[silentbattle wrote on 25 Jan 2010 05:28:](#)

We're right here beside you - Think of me and OneLife as your bodyguards, fending off attacks by the yetzer hora...we're always there, flanking you, in spirit...

LOL!!! :D :D :D :D

oh, silent you work as a bodyguard of mine, don't you?? :D :D

Struggla, according to my expirience me and silent as your bodyguards will work as you never thought how.

just every time you feel you gonna fall (has veshalom) immediately imagine silent (as a ninja) and me beside you hold you take you far from the danger area and beat the danger to the hell. you got it??

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[struggla21 wrote on 24 Jan 2010 21:15:](#)

[illegible]

THis is it - Day 1!!!

Hashem is with me! You guys are with me! I know I can do this! I know I WILL!!!

If anyone gets a chance, listen to this wonderful lecture on Shmirat Anayim and Teshuva (if you cant listen to the whole thing, start at about 20 mins in, espically the story at 23 mins in! -

[www.torahanytime.com/scripts/media.php?file=media/Rabbi/Zecharia Wallerstein/2008-09-10/Teshuvah - The DNA of a Sin/Rabbi Zecharia Wallerstein Teshuvah - The DNA of a Sin 2008-09-10.wmv](http://www.torahanytime.com/scripts/media.php?file=media/Rabbi/Zecharia%20Wallerstein/2008-09-10/Teshuvah%20-%20The%20DNA%20of%20a%20Sin/Rabbi%20Zecharia%20Wallerstein%20Teshuvah%20-%20The%20DNA%20of%20a%20Sin%202008-09-10.wmv)

Thank YOU! - IT, OneLife and silentbattle!

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Posted by imtrying25 - 26 Jan 2010 00:16

[struggla21 wrote on 24 Jan 2010 21:15:](#)

[illegible]

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Thank YOU! - IT, OneLife and silentbattle!

Its just ONE DAY AT A TIME. Period. I am on my 13th day one 1 in a row.

And if that dont work then take it one minute at a time! I am on my 13th minute one at a time! :D
:D :D :D :D :D :D :D :D :D :D :D

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Re: Struggla's Struggle of the 90 day challenge!
Posted by silentbattle - 26 Jan 2010 17:45

Kevlar trenchcoats and all...I think I need to get myself a new avatar...

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Re: Struggla's Struggle of the 90 day challenge!
Posted by struggla21 - 27 Jan 2010 23:10

Day 3 -

LOL

WOW!! WOW!! WOW!!

that was quiet a read lol, thank you guys!! i'll be sure to think of both you guys if I come to that point, hopefully i wont have toooo!

Thanks guys (and my bodygaurds! lol) - you guys are awesome!!!

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ONE DAY AT A TIME!! - got it

Re: Struggla's Struggle of the 90 day challenge!
Posted by silentbattle - 27 Jan 2010 23:34

We're doing great - and 3 days is a chazaka - no turning back now ;D

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Re: Struggla's Struggle of the 90 day challenge!
Posted by Sturggle - 28 Jan 2010 09:39
How is everyone doing?

Struggla!

KUTGW!!!

with love from the Aretz,

Sturrgle

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Re: Struggla's Struggle of the 90 day challenge!
Posted by Sturggle - 28 Jan 2010 09:41

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Oops, I spelled my name wrong.

And on my bro Struggla's thread!

I hope I'm not bringing shame to the name!

Keep on sturggling!!!

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Re: Struggla's Struggle of the 90 day challenge!
Posted by imtrying25 - 29 Jan 2010 10:35

Whats up Struggla?? Hope your doing great!! Hava an awesome shabbos!!

And sturggle happy to see you didnt start a few new threads for your holy brother! :D :D :D :D :D

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