

Here we go

Posted by Aryeh821 - 16 Mar 2016 18:51

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Day 1

all right here i begin

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Re: Here we go

Posted by Markz - 20 Apr 2017 03:16

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[Aryeh821 wrote on 19 Apr 2017 04:00:](#)

Hey all posting here cause I'm feeling realllllly alone I'm at a pesach hotel and its really been a roller coaster of a ride I was m'chalel yom tov to try and get porn on my non frum cousins phone but I also had the chance to get porn on my brother phone and didn't

I managed to stop myself from going to hang out with girls on one night but ended up hanging out with them the next two daysnow my family is all sitting around on their smart phones and I recently got rid of mine and I'm not friendly enough to go chill with the co-ed group I generally just wait for them to call ,me over or something so I'm really bored and really lonely and I just found out today(motzai yom tov) that there are computers here with no supervision so its not the best situation

There were times I didn't go places with my parents because they were too lust endearing for me.

No one else is gonna drive your truck for you

But it's not necessarily the location that will make it or break it

If you hadn't gone with the fam to the hotel, rather stayed home with friends, are you certain you wouldn't have had access to lust material

If the answer is no, then maybe you want to try something else

And hey - realllllllly alone isn't a good thing - sorry you had that

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Re: Here we go  
Posted by Aryeh821 - 11 Jun 2017 21:06

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feeling very unworthy

unworthy of G-ds love

His forgiveness

my love for myself

maybe i dont deserve to get up and keep trying-make that start trying

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Re: Here we go  
Posted by Zra - 12 Jun 2017 04:54

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[Aryeh821 wrote on 11 Jun 2017 21:06:](#)

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I have been where it seems you are right now. It hurts to think that after being so rebellious and committing so many things, hashem can still forgive you. It feels like a cheat code. We all know that there is no reset button in the real world.... But hashem tells us otherwise. Hashem knows we will make mistakes and he knows we will make them over and over again. Ever think about how insanely repetitive our prayers to hashem are? Its the same main shmoneh esrai three times a day, you would think We'd get the point of something after saying it a million times. But hashem knows how humans operate, and we operate in such a way that we need constant

reminders in order stay in the true and righteous path. We need constant reminders because we are constantly challenged. Challenged internally and externally.

You know, I use to think that if I could just stop watching forbidden films and wasting seed, that I would be the biggest tzadik. I thought, Once I stopped I would never have trouble with these aveiras again. This thought process was wrong.

What I have come to realize from learning Tanya and other hashkafos, is that we can't ever think of ourselves or imagine ourselves completely defeating the yezer hara. Rather we need to think of ourselves as soldiers in the battlefield. A soldier is on constant alert for the enemy and a soldier must learn and know his mission. He will plan out his movements from one position to the next and then must follow his plan perfectly if he wants to survive. Traversing the battle ground with care and caution He can win the small gun fights with the enemy that can break out at anytime.

The soldier must always practice and prepare for battle as this is the only way he will be ready for a sudden right.

But there is one thing the soldier has up his sleeve, he has a commander that knows the enemy better than the enemy knows itself. This commander wrote a book that guides the soldier through the battlefield step by step. Other high ranking personnel wrote commentaries that explain the strategy even more in depth. The soldier has these at his disposal.

hashem wants us to be soldiers and he knows we will not win every fight. Its almost impossible to always win, but it is possible. And since he knows we will fail, he has made avenues for us to regain our rank and continue moving forward to the next battle that must be won. Think, he would only give us the opportunity to do teshuvah if he thought we could accomplish our mission, and we can. I can't say that I have won many battles myself, but in learning my mission more every day and I feel that the tide of my war is turning and I'm on the winning side. Much hatzalcha to you. Hope this can help.

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Re: Here we go

Posted by Aryeh821 - 09 Jul 2017 04:12

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B"H for the first time in 5 years or so ive reached three weeks!!!

im really doing some intense work with my psychologist and hes hooked my up with someone that im going to hopefully work the steps with

one of the most painful things now is guys in yeshivah telling me the porn related problems that they have and they dont want help thinking they can do it all themselves when unfortunately its is plainly obvious they cant - it feels like standing at the bottom of a pit and watching someone climbing down ignoring your warnings that its muuuuuch harder to go up than down and the

number just keeps growing

just thought i would check in if anyone is interested in my progress

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Re: Here we go

Posted by Markz - 09 Jul 2017 04:25

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[Aryeh821 wrote on 09 Jul 2017 04:12:](#)

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What's the question???

Of course!

You made my day ;-)

KEEP ON TRUCKING!

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Re: Here we go

Posted by Hashem Help Me - 09 Jul 2017 04:43

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Super news. We are all davening you keep it up. Keep connected.

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Re: Here we go

Posted by Aryeh821 - 11 Oct 2017 04:21

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Hey all so its a really special day for me today (Hoshanah raba)

its both a Yartzieght of someone really close to me and my birthday

becuase a year ago today i finally stopped playing my stupid endlest game going round and round begging and begging to be let off when it was i who was keeping myself there

A year ago today the Aryeh who hid in the darkness died.Mostly becuae of a Shmuz by my mashgiach and Dov i told my father a year ago today

I havent been clean since then nor have i come close to where i want to be

but i think im also pretty far from where the Yetzer Hora wants me to be

Because of telling my father i now see a psychologist which has helped immensely and most of the devices in my house have filters

I also told My mashgiach which helped alot and check in with him once a week and have an invite to call one of my friends whenever need be

Ive gone from struggling to be two days clean too over a month

Ive gone from using every opportunity for porn to living in a house for a week with unfiltered internet and not touching it

Most importantly Ive gone from being resigned to living in the darkness to being resigned to always search for light

Im not sharing to boast or anything mostly to thank G-d because today i am one year old this new me the one who keeps pushing when i have nothing left,who is brutally honest with my self my psychologist and G-d(the truth realllllllly hurts sometimes)and finally finally sees the shadow of the light at the end of the tunnel even though im nowhere near it

its also a share to maybe inspire someone give them hope and maybe say you know what if he can do it maybe us too, maybe i will open up to a rebbi/parent ETC(obviously dont be stupid about it and tell someone if you know they will react badly)

Becuase at the end of the day ?? ????

a good kvitel to everyone

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Re: Here we go

Posted by Hashem Help Me - 15 Oct 2017 13:42

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Thanks for the inspiration and for sharing such a healthy attitude about this messy subject. You should iyh have hatzlocha and help many others.

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Re: Here we go

Posted by Aryeh821 - 14 Jan 2018 04:55

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Hey Chevra here with my not so regular update

it's going to be brief because i'm in a little of a rush i might expand at a later time or maybe not

Wednesday will B"H be about 4 months clean ( my last time was a little bit before Rosh Hashana not exactly sure so just made that my starting point)

i remember all those days weeks years begging pleading sobbing to Him to help me send someone my way to help me and be disapointed every year as nothing came my way and of course me never doing anything to make it come

until the day when eventually pushed in a big part by Dov(major Shoutout) i told my father after to that it all fell in to place i got the most amazing support group sent to me by Him my frum psychologist mashgiach older friend and three amazing friends just to name a few

you see i had to to take the first step no matter how small and He will carried me the rest

Not that it was alwyas smooth sailing it definalty wasn't but at least I'm sailing

Hatzlacha Raba to Everyone

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Hatzlacha Raba to Everyone

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Re: Here we go

Posted by Markz - 14 Jan 2018 16:32

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Awesome!!!!

**KOT :-)**

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Re: Here we go

Posted by Yesod - 29 Jan 2018 03:18

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Honesty honesty honesty, that's it brother.

gd bless

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Re: Here we go

Posted by ieeyc - 29 Jan 2018 07:13

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[Aryeh821 wrote:](#)

one of the most painful things now is guys in yeshivah telling me the porn related problems that they have and they dont want help thinking they can do it all themselves when unfortunately its is plainly obvious they cant

why dont you send them to gye , if you know their emails ,gye has a thing that they can send an email to them saying "someone" thought you needed help in this,youd be doing them a great favor!go to the Special Resources? button on top ,and then go to the [Help Someone Anonymously](#) button ,hatzlacha!

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Re: Here we go

Posted by Aryeh821 - 25 Feb 2018 04:17

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Hi All so im updating today cause truth is truth

?so i fell on Wednesday after five and a half months i kind of saw it coming i discussed it with my psychologist

i just felt like i needed to tell you not just my good news but all news

a freilichin purim

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Re: Here we go

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Posted by Ihavestrength - 25 Feb 2018 05:31

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Thanks for sharing. Sounds like you have the support you need to pick yourself up and keep going. Hatzlacha!

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