

My Journey...

Posted by newbeginning - 29 Dec 2016 18:28

{{UPDATE!! - BH 180 DAYS CLEAN AS OF 27 JUNE 2017}} -

Another day, another post acting out ritual (shower, commit to 'taking it seriously now'... I have been taking it seriously for years! My mind thinks that by doing all these things I will have a fresh start, or as Dov calls it the nuclear reset button).

I fell again, I'm muddled up. I feel angry at myself but I know I should be happy that Hashem made me fall, it was his will and that is what happened. But I feel like I'm cheating myself if I say that, because I don't end up taking actions and I end up falling again.

My name is Eli and I am 20 years old living in London. I have friends who are planning to get engaged, engaged and already married, friends who are finishing uni and are in careers... and where am I? I achieved decent grades in high school (7 A's out of 12 Subjects) but then I mucked up my A levels (college exams), so I ended up trying out a variety of jobs e.g Accountancy, Law, Transport and fast forward 3 years I am planning to redo some exams in the hope to go to university next year (Potentially to study Pharmacy or something similar). But to tell the truth i am so muddled up, I don't know what career to go into, truthfully I would just rather have a job say 3 days a week, and the other 2 I would learn. I have complete Emuna that whatever i will earn, I will earn as long as I put in the effort, but it depends on certain conditions e.g. personal holiness, which I can't keep to.

I have learnt how to create iPhone Apps but have given up developing them because I don't think its wise for me to be on the computer all day to get parnasa (even though i have covenant eyes)

In these past years I am slowly destroying myself, I have quit 4 jobs and given up on university after a year, I'm running out of money, I don't even have the motivation to study even though I've been given this fantastic opportunity to retake my grades, I am becoming more and more socially isolated, and its because of this addiction. Yes i know its an addiction, i started going on GYE when I was about 15 and read all the stories, and thought to myself 'phew, I am nothing like what I'm reading'... If only I knew.

I have been so close on numerous occasions to visiting prostitutes, my addiction has got worse and worse over the years, despite growing tremendously e.g. Learning more, becoming very active in my shul, genuinely feeling spiritual. I guess its true, the more kedusha, the more evil as it allows free will.

For a long time I have had a list of precautions e.g. Only go on computer for a set time and have defined goals and a lot more etc (which i have learnt from previous mistakes) but I keep on breaking them and bypassing them. If I kept all of these and did what I need to do, I truly believe I would not stumble into these situations in the first place.

Today I have had a nice day, I'm seeing a friend this evening. its all going well. My mum & sister pop out for an hour, my heart races, I think its a perfect opportunity to act out. I know its wrong, I know the effect it has on me and I clearly see the effect on my parnasa, learning and my life, but I don't care, everything becomes frozen at that point. I was even listening to such uplifting music before and felt so close to Hashem. I went from one extreme to another.

I know I am rambling on, but I just want to get it all out once and for all. I mention that I am becoming socially isolated because most of my friends are Jewish but not religious and for example I was invited to a club with them all on New Years Eve, but I made an excuse just so I wouldn't be in an inappropriate environment like that. But now I am spending NYE at home, alone. I don't know which is worse!!

So BH Tomorrow (30th December) is my first day (again) of this journey. I need to commit, I need to get involved in GYE and have perfect faith that Hashem is working on my life and I need to stay calm. (P.s most of the day I was looking at different career options which get me stressed and worried - I'm sure this contributes to me acting out).

I know what I want, I want PG a wife, a family... But I feel so far away from it, I need to fix myself first.

Maybe someone in London is reading this? I'm happy to partner up with someone to help me, or even someone in another country! Also I am aware of the GYE tools, I've used them on and off e.g. Dov calls, partners, emails, but I never commit. (that applies to most things in life).

Eli

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Re: My Journey...

Posted by GrowStrong - 30 Jan 2017 11:21

Wow new beginning that is amazing work!

Hopefully this new job will help move your focus fully to recovery headspace - help keep you busy and fulfilled.

Brocha vhaztlocha!

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Re: My Journey...

Posted by newbeginning - 19 Feb 2017 19:53

BH Today is my 52nd day clean - I feel like I have come so far in the past couple of months or so. The Taphsic method has proved invaluable to me. I am sticking to most of my daily schedule, I just need to at least pop into GYE for 10 mins a day and read part of an ebook (on this issue) for 10 mins too.

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Re: My Journey...

Posted by GrowStrong - 19 Feb 2017 20:20

Enjoy your new job!

It should help bring you self-fulfillment which is a big secret to succeeding that is often not discussed.

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Re: My Journey...

Posted by MayanHamisgaber - 19 Feb 2017 20:33

Amen

Great work keep us updated

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Re: My Journey...

Posted by Singularity - 20 Feb 2017 08:18

Hatzlocha on the new job! May it keep you occupied!

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Re: My Journey...

Posted by newbeginning - 26 Feb 2017 16:57

BH Today is my 59th day clean.

Since Friday my brain has been in overdrive, the whole time I was having sexual thoughts and the feeling were getting out of control. I was thinking to myself "wow, how sick must I really be deep down", I couldn't do anything without having a dirty thought, I was over sensitive to everything. These thoughts kept with me until about 1 hour ago, where I just wanted to give in and fall, although I knew I couldn't just act out because I have my taphsic method. (see page 1 or 2 of this topic). I started working my way through taphsic method e.g. turn off all electronics, read tehillim with concentration for 10 mins, listen to Jewish music for 15. By the way BH whilst I was listening to music, I was literally in tears because I felt clarity again, I felt the urge fading away and I went from such a low to such a high, I just wanted to be close to HKBH and I saw that behind this whole test, He was there. The taphsic method is really invaluable!!! it may take a few hours to really read and internalise the whole (7part?) article on the method, and to try and create your own plan but it is really worth it.

I just wanted to share a nice idea I had whilst reading Tehillim chapter 26. Artscroll sum up this psalm by saying 'A righteous man walks in purity and with vigilance, and prays for Divine help in

avoiding life's pitfalls'. This psalm was perfect for me especially whilst facing the big urge for lust, verse 2 consists of asking Hashem to 'Examine me, Hashem, and test me ,scrutinise my intellect and my heart'. In other words, test me to show how serious I am in attaining purity, I want to prove myself to Hashem that I really care about being pure, and I will put in my effort and the rest is down to Hashem.

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Re: My Journey...

Posted by newbeginning - 26 Feb 2017 17:05

* I must also add that I have completed my first week at work (so maybe there was a lot of stress pent up inside of me, but in my workplace there is so much rude / disgusting / sexual talk happening, I can't escape it, including from my Manager. (I'm currently working in the stock/store room of a hospital in the pharmacy department) so people can say whatever they want down their pretty much.

My boss also came up to me and says she hasn't seen a jew here in 20 odd years, and she hopes I will stay because she knows that this isn't really a jewish job (hmm slightly stereotypical). BH I have a job, and I need the money for bills etc so I can't just leave, and I am hoping of making a career out of this. I was stressed at one point, because I just didn't know

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Re: My Journey...

Posted by Singularity - 27 Feb 2017 10:04

[newbeginning wrote on 26 Feb 2017 17:05:](#)

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what to do...

I'm so happy it's not just me with insane parnossa issues. But I hope your situation improves. And The humility you're gaining for a job that may be under your honour will work heavily in recovery.

KOT!

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Re: My Journey...

Posted by newbeginning - 05 Mar 2017 16:10

BH 66 days clean - Wondered if anyone also has bad dreams in which they fall, and have to start from day 1 (the feeling of regret and pain feels so real) and it takes me a few seconds when I awake, to realise that it was all a dream.

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Re: My Journey...

Posted by GrowStrong - 05 Mar 2017 17:27

[newbeginning wrote on 05 Mar 2017 16:10:](#)

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Ya we were just discussing it [here](#).

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Re: My Journey...

Posted by Singularity - 06 Mar 2017 08:31

I love those dreams. When I wake up and I'm like, oh, I actually didn't do anything wrong...
huh... OHHH YEAHHHHH!!!!!!!!!!!!!!!!!!!!!!!!!!!!1

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Re: My Journey...

Posted by newbeginning - 06 Mar 2017 20:22

Haha the feeling is incredible!! Makes me even more determined!

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Re: My Journey...

Posted by Ihavenostrength - 06 Mar 2017 23:02

Your thoughts are also like dreams.

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Re: My Journey...

Posted by Shlomo24 - 06 Mar 2017 23:36

That's actually an interesting perspective. I like that. Sometimes I get so caught up about thoughts and yet I don't get caught up about dreams.

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Re: My Journey...

Posted by Markz - 07 Mar 2017 05:11

[newbeginning wrote on 05 Mar 2017 16:10:](#)

BH 66 days clean - Wondered if anyone also has bad dreams in which they fall, and have to start from day 1 (the feeling of regret and pain feels so real) and it takes me a few seconds when I awake, to realise that it was all a dream.

I can relate

I had such a craz dream 2 nights ago.

But not all the way.

I was opening one door after another, looking... seeking... expected to find [deleted comment so moderator doesn't have bad dreams], but came up empty

I think it's because Thank GD - I mean it's craz!

1 1/2 years since searching for porn?? So my memory isn't that good and bad pictures are harder to retrieve, so my dreams are boring [sometimes]

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