

My Journey...

Posted by newbeginning - 29 Dec 2016 18:28

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{{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 Singularity - 07 Mar 2017 08:44

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[Markz wrote on 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]

A lot of stuff creeping in from SSA,  
absolutely disgusting stuff and ended all with a wet dream component, too. If I weren't in strong recovery, I'd have totally relapsed by now. So Thank God.

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Re: My Journey...

Posted by cordnoy - 07 Mar 2017 12:39

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[Markz wrote on 07 Mar 2017 05:11:](#)

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

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Sadly, at this point in this mod's life, I have bad dreams, not good ones.

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Re: My Journey...

Posted by GrowStrong - 07 Mar 2017 12:49

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[cordnoy wrote on 07 Mar 2017 12:39:](#)

[Markz wrote on 07 Mar 2017 05:11:](#)

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

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Just remember that dreams are part of olam hafuch and entirely open to interpretation.

What you may call 'bad dreams' may be really positive moves forward for your subconscious

Remember the classic concept of death in dreams is always seen as a positive thing.

I dont know whats 'worse' than death other than excruciating pain, but its a solid example.

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Re: My Journey...

Posted by Markz - 07 Mar 2017 13:47

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[cordnoy wrote on 07 Mar 2017 12:39:](#)

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

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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]

Sadly, at this point in this mod's life, I have bad dreams, not good ones.

I know there's some serious things you're dealing with in your life

I only wish the best for you, and Hashems kindness forever

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Re: My Journey...

Posted by MayanHamisgaber - 07 Mar 2017 16:52

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Amen

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Re: My Journey...

Posted by newbeginning - 28 Mar 2017 19:27

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BH today is 89 days clean!! I have never got this far before. The Taphsic method has been invaluable, and has really put a 50 foot electric fence between me and the sin.

I'm facing possibly my biggest Nisayon yet.

There is a woman at work who always smiles at me, speaks to me (flirts), and dresses immodestly (relative to my 'addictive' mind). I used to work in another hospital, and moved to this one only recently. Coincidentally I bumped into her today (she was moved to this hospital to cover someones shift) and when she found out I was moved here permanently, she genuinely seemed disappointed and voiced her disappointment too saying ' oh nooo, i'll miss you... or something along the lines of that' bearing in mind I have hardly spoken to this woman.

She even asked me to show her where this new area is in the hospital where I work, after politely declining she was saying 'show me another time', all whilst acting flirty.

I'm really worried because I don't trust myself, Yes, I try my best to guard my eyes etc... but when it comes to real life situations like that, it's completely different to online problems... I have

never really dealt with this before... Any advice??

?I feel like I'm Joseph and she is Potiphar...

?P.s. The environment I'm often in is basement level in a hospital (I work in a pharmacy store room) so its not like its a bust office environment.

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Re: My Journey...

Posted by GrowStrong - 28 Mar 2017 22:15

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What a journey!

Keep on Sharing and Keep on Growing, I think you did great. Its just the bilbul of the mind getting in the way now, because you acted right.

You will go much further.

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Re: My Journey...

Posted by Markz - 29 Mar 2017 03:33

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**You're a strong guy.**

**Congrats on the 90 day!**

I suggest keeping conversations with her down to business matters

If she wants to chat, I'd make out as if I need to answer my phone, or make a call

I'm not saying this is for you, but it may help you possibly to hook up with some members via attending your local SA group

KUTGW!!

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Re: My Journey...

Posted by Singularity - 29 Mar 2017 08:45

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[newbeginning wrote on 28 Mar 2017 19:27:](#)

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**?I feel like I'm Joseph and she is Potiphar...**

?P.s. The environment I'm often in is basement level in a hospital (I work in a pharmacy store room) so its not like its a bust office environment.

If she were *Potiphar* then I don't think you've got a problem...

When a girl I hardly know says that stuff, "I'll ,miss you...", I flip out. I think I'm it. I'm the guy.

This is it. I'm a stud. She loves me, needs me, desires me. I am her entire world. I am all-powerful, able to move mountains, able to make or break worlds. Those words, that pouty face, it imbues me with such a false sense of worth. It's scary. And I feel those words would still have a hold on me today. So I hear your challenge. May Hashem help you.

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Re: My Journey...

Posted by Hashem Help Me - 29 Mar 2017 11:16

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Newbeginning, you are inspiration for so many. You have taken a difficult challenge and worked on it in an incredible way. You have changed (at least your posts "sound" like that) Your honesty and courage are awesome. Looking back you have had an incredible journey so far - dont let 90 be the end of the road. It should be your springboard to iyh just keep on going. Obviously taphsic is a method that works well for you. Keep up the hatzlocha. May Hashem give you brocho in all the areas of your life that you wrote you are concerned with.

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Re: My Journey...

Posted by newbeginning - 29 Mar 2017 18:12

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Thank you so much guys for your support and advice. I really appreciate it! BH 90 DAYS CLEAN!

From now on, I won't be actively counting. I will just live one day at a time.

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Re: My Journey...

Posted by GrowStrong - 29 Mar 2017 18:28

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Very nice.

Harbeh Hatzlacha.

Keep us posted.

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Re: My Journey...

Posted by Gevura Shebyesod - 29 Mar 2017 18:41

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WOOT!!!!

KUTGW!!!

KOMT!!!!

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Re: My Journey...

Posted by Shlomo24 - 29 Mar 2017 18:52

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Awesome! Keep it up!

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Re: My Journey...

Posted by Hashem Help Me - 29 Mar 2017 21:48

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Mazel tov! Keep it up!

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