

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 - 30 Mar 2017 10:01

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MAZELTOVVV!!!! now you can call youself oldbeginning

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Re: My Journey...

Posted by cordnoy - 30 Mar 2017 14:18

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Congrats!

Mayl it be a new big innin'.

One pitch at a time.

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Re: My Journey...

Posted by newbeginning - 28 Jun 2017 18:40

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Just to update you all - yesterday I reached 180 days clean!!!

My life has improved so much over the past half a year! I have a look at my first post on this thread - I was in such a bad position and with the help of Hashem it has all changed! So

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Re: My Journey...

Posted by Gevura Shebyesod - 28 Jun 2017 19:15

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Re: My Journey...

Posted by dms1234 - 28 Jun 2017 22:23

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Amazing!! KUTGW!  
Care to share how you did it?

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Re: My Journey...

Posted by Hashem Help Me - 29 Jun 2017 03:07

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Mazel tov on this major achievement. You are an inspiration for all. Iyh you will share with us the hatzlocha of passing a year. Meanwhile start reaching out to people who have not yet been successful with challenges similar to yours. Hatzlocha

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Re: My Journey...

Posted by LifneiHashem - 29 Jun 2017 03:53

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Mazel tov!

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Re: My Journey...

Posted by newbeginning - 10 Jul 2019 08:47

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BH today is 923 days clean... I can't begin to explain how much my life has changed since I started my journey. All I can say is BH!! I used to hear stories about the rewards of being clean and I can testify that miracles have happened in every area of my life and I am truly grateful for this....

BH I got married on the 24th June and I am facing a completely new challenge.... that of Taharat Hamishpacha.. I've been battling with it for a few days and I'm back on GYE as I do not want it to escalate into anything else.

I'm a man of routine and like knowing what's going on, although my wifes period seems to be lasting a lot longer than normal (soon be in double digits), despite my wife thinking it will end days ago. It's fine at night and then the next day it wouldn't be fine... I guess I'm just getting a little worried incase the next period starts near enough right after the 7 clean days... this is all quite new to me so perhaps I am just worrying about nothing.... just need a bit of advice I guess!

Thanks

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Re: My Journey...

Posted by Gevura Shebyesod - 10 Jul 2019 10:44

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Mazel Tov!!!!

Mat the 2 of you have a long and wonderful life together filled with Bracha and happiness!

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Re: My Journey...

Posted by lionking - 10 Jul 2019 12:40

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Mazel Tov!

An actual flow for so long is generally not standard and should be checked out by a doctor.

Perhaps it is just staining, which can be from sensitive skin and the bedikos. Speak to your Rav,

Dayan, Chussen Teacher, etc... There are some leniency's which might be applicable for you.

Don't be embarrassed to talk about it. You and your wife can get help.

Hatzlocha Rabba

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Re: My Journey...

Posted by gyehelp2017 - 10 Jul 2019 14:18

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Thanks

Mazel tov on your wedding!! may you have only simcha in your life!

There is a great organization that really knows their work and very helpful and caring, they are based in Israel, called 'Tahareinu', they deal specifically with problems in Tharas Hamishpacha, they speak English no worry, their number is 1855-482-4272, (Israeli number 0722242424). [www.tahareinu.com/](http://www.tahareinu.com/)

Hatzlucha raba !!!!!

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