

Am I cheating?

Posted by Thistimeillwin - 21 Sep 2018 02:44

Hello everyone,

I joined GYE just a few days ago and immediately plunged into the 90-Day program. I am 4 days clean, but maybe not so clean...

See, I am not ready to cut everything out at once, so I've taken the most severe issues on for now. This includes: looking at p**n, ma**tion, and kishuy loda'as. I am still, however, not ready to look the other way every time I see a good-looking girl, or maybe read a titillating news story that doesn't arouse me to kishuy. I hope to take on these challenges once I have a better (even not perfect) grip on the gimmel chamuros mentioned above.

Here's the question, and I'm sure there will be different opinions. Does this 'count' as a kind-of 90 days, or am wasting my time? Obviously every moment I overcome my YH (and at this point it's many many moments each day that I have the urge) I am accomplishing great things, but will I accomplish scientifically what the 90 days is supposed to help rewire the mind if I am exposing myself to mild triggers?

I know some will tell me it's easier to do cold-turkey, but at this moment I don't have the willpower for that. This is what I am willing to do for the meantime, and may Hashem give me hatzlocho and encouragement to go further and further on this journey.

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Re: Am I cheating?

Posted by mzl - 23 Sep 2018 05:20

[Dovid824 wrote on 23 Sep 2018 01:31:](#)

[mzl wrote on 23 Sep 2018 01:23:](#)

And it's very simple to say that it is an averah because these issurim are listed in the Mesillas Yescharim, in the chapter on the particulars of cleanliness. I have no desire to make people frummer than they are, but I am keen on acknowledging facts. For mainstream Jews those are

in the list.

That's mussar, not halachah. Inappropriate thoughts, while best avoided, are not transgressions of mitzvot.

It's listed under cleanliness because one is not a tzadik without it. It's a rationalization.

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Re: Am I cheating?

Posted by ??? ??? - 23 Sep 2018 05:25

I'm very much in situation of original questioner and definitely believe that it's the right path to do, as most people (especially us) will not be able to go "cold turkey" (even though I did that years ago to stop smoking and in that case it definitely is advisable, in this case it is almost impossible to go cold turkey A) because there will always be women around...B) you will always need this urge for your wife and therefore cannot do a pure "cold turkey" and therefore better to start with gimel chamuros and train yourself in those and then continue level after level.

However in terms of the question "what mitzva does it transgress?" - I would say at the minimum ?? ????? ????? ????? and ????? ????....

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Re: Am I cheating?

Posted by Thistimeillwin - 23 Sep 2018 09:49

I disagree with you.

There are countless sources in the Gemara and Halacha that arousal itself is an aveira. Whether taking a good look at a girl ("One who stares at the pinkie of a woman is as if he is staring at her genitals"), or just thinking bad thoughts ("Those who think bad thoughts at day and come to emissions at night [wet dreams]") are spoken about in strong terms.

The goal is to rid ourselves of all these behaviors, the question is if we should tackle them all at once or one at a time. A general fighting a battle needs to know, does he fight smaller battles

one at a time and risk running too deep into enemy territory (abstinence but still vulnerable to stimuli), or does he try an all-out assault risking the bulk of his army (the drive to overcome) to an enemy stronger than his...

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Re: Am I cheating?

Posted by mzl - 23 Sep 2018 10:51

[Thistimeillwin wrote on 23 Sep 2018 09:49:](#)

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As always, you're the world's foremost expert on yourself.

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Re: Am I cheating?

Posted by Thistimeillwin - 23 Sep 2018 13:37

mzl,

Not sure if I am the best expert on myself when I've fallen so far 999 times out of 1000 tries to get out of this mess...

As an aside, I've never posted on any 'blog' etc. until 7 days ago, can someone give me the technicals of how to 'quote' the reference I am responding to?

Thanks!

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Re: Am I cheating?

Posted by mzl - 26 Sep 2018 02:41

[Thistimeillwin wrote on 23 Sep 2018 13:37:](#)

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Push the "quote" button?

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Re: Am I cheating?

Posted by ??? ??? - 26 Sep 2018 05:14

[Thistimeillwin wrote on 23 Sep 2018 13:37:](#)

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Thanks!

as far as falling all those times i'm sure percentage is a lot better than you're making it sound but even if it were to be like that the main thing is to never give up the fight. As long as you don't give up you're still battling and that's all Hashem asks of us,

Just an aside as of about ten days ago after years of looking at inappropriate blogs (on different levels-mostly not terrible-but stimulating to me) this is my first time ever posting anything, and this was actually one of the things which held me back from joining GYE all these years 'because i didn't want to break this ??? that although I have looked at and read many things i never had ANY sort of relationship online. Anyone else share this hesitation, and how did you deal with it?

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Re: Am I cheating?

Posted by i-man - 26 Sep 2018 05:23

[??? ??? wrote on 26 Sep 2018 05:14:](#)

[Thistimeillwin wrote on 23 Sep 2018 13:37:](#)

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I hear where your coming from , but without a doubt it's worth it - theres is so much to be gained by posting and getting to know people here.

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Re: Am I cheating?

Posted by ??? ??? - 27 Sep 2018 00:55

That's why i finally did. it after being in a pretty good situation overall i still managed to fall in middle of ????? ??? ?????? and that's when i decided i have to go to the next level of work,

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Re: Am I cheating?

Posted by KoachCheshvan - 01 Oct 2018 16:02

For now, I might consider the other things the "fences" that surround the shmutz. At least you are aware that looking at a good-looking girl or reading a titillating news story can lead to breaking through the fences to get to the shmutz. So for now, I wouldn't consider it a fall to do those things.

However, the website is called "Guard Your Eyes" for a reason. Guarding your eyes often nips things in the bud so that you don't have the memories or images in your mind later on. If you look at a good-looking girl or read a titillating news story and don't have a fall that day, well then, zeyer gut. But what may happen tomorrow, or the next day, or next week? That image or that story may come to mind and you may have a fall.

So while I wouldn't say it is a fall to do those things, I would be at least willing to turn away since not turning away isn't conducive to your ultimate goal.

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Re: Am I cheating?

Posted by Thistimeillwin - 08 Oct 2018 11:22

Well, here we go again.

?I just had a fall, first one since I joined 3 weeks ago, and it can definitely be attributed to my laxity in 'borderline' materials. Obviously, I feel like a failure, and obviously everyone's going to say focus on your clean days and not on your falls...

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Re: Am I cheating?

Posted by i-man - 08 Oct 2018 12:34

Sorry to hear that your going through a rough time

For me the way to overcome the "borderline" stuff was talking to a real person who understood where I was coming from and helped me set up a plan to overcome it .

Hatzlacha

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Re: Am I cheating?

Posted by Markz - 08 Oct 2018 12:45

[Thistimeillwin wrote on 08 Oct 2018 11:22:](#)

Well, here we go again.

?I just had a fall, first one since I joined 3 weeks ago, and it can definitely be attributed to my laxity in 'borderline' materials. Obviously, I feel like a failure, and obviously everyone's going to say focus on your clean days and not on your falls...

I'm not sure who everyone is...

Some may say "Each day you are clean is yours forever"

Its very nice, but doesn't work for me, because it's a game of snakes and ladders, as on the other side of the equation we equally have "**Every day you fall is yours forever**"

I have begun compiling my acting out history from 8 years old and it's not pretty, and...

Its mine forever...

Yes there maybe a way to break free, but 'snakes and ladders' is not my kinda game. I prefer 'life'!

Hatzlacha to you too ;-)

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Re: Am I cheating?

Posted by moish u.k. - 08 Oct 2018 17:18

My lust addiction is one of my biggest assets today.

It has forced me to do find a relationship with Hashem in a depth and a quality that I couldn't have ever imagined.

Sounds crazy I know. But it's the reality. And I'm so grateful.

I've been where you are. The ups and downs. The hopes dashed. The guilt and the self hatred.

Ive been there. For so many years.

But there is so much hope.

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