

Become Holy's Journey

Posted by BecomeHoly - 10 Dec 2009 02:39

---

Hi Everyone.

I'm single, and nearly 27 and I've never had a clean streak of more than 2 months. I know I can do this - I've had the ability to remove the need, however, since I am so sensitive, tiny things trigger me and at a certain point a trigger takes me over the edge. Usually that means that I just give in to the "pressure" and satisfy myself - with no involvement of any external stimuli such as pictures... However, what comes next....

I fall into the typical traps of the Yetzer:

a) You've messed up, so now it doesn't matter = I say screw it, and go find myself some porn. Filters do not help me. I'm a computer expert, and if I want it I will get it with relative ease. Once we've gone this direction, its like jumping in the boiling tub - its not so hot anymore, and it's "no big deal." If I could prevent this from happening, my battle is won. I know its a big deal, and I need to keep that focus. Hopefully this site will achieve that for me.

b) If you can't do it right, don't bother - I don't start my clean streak unless I feel it was on the right foot - Go to mikveh after a shower/ shave... (trying to follow as much as possible what a nida does) to achieve tahara, but if I didn't have time to shave or whatever, I don't bother going to mikvah, and I have less "reason" to stop when I'm tempted a few days later. Also, if I didn't have a chance yet to say tikkun hayesod after the mikva, and I'm tempted before I do say it - then I'm like "oh, well you're really not all set yet - you'll start being good after you start off right."

In addition to this, I've become addicted to Movies and TV shows. Besides being a trigger, I am wasting so much time that I'm on the verge of losing my job because of poor performance and I really need to get my act together.

All this is partially fueled by the fact that I have constant fatigue coupled with stomach pain. I've been to MANY MANY doctors and no one can tell me whats wrong, and what this means is that I rarely feel like I have the energy to do stuff. Its a vicious cycle - I probably have some kinda of food allergy, which means I'm getting poor nutrition, and on top of that my stomach pain affects my sleep, and therefore I end up getting very little done. I end up with a terrible sleeping

schedule because I sleep during the day often enough to try to feel less tired, and often I end up staying up late because of that (sometimes I stay up even later because I wanted to watch another movie). I miss shachris all the time and I feel a disconnect from God and of course that all makes it much easier to do things that are bad for me. If I'm resisting arayot, I'm watching movies or tv shows, which usually is only a stepping stone to arayot.

Now I'm pretty sure some (if not all ) of my medical problems can be attributed to the sitra achra. What I need is a way out of the vicious cycle where I am both losing my connection to God because of missing davening, or an unfocused davening, and on top of that having the energy to do to productive things so I don't end up doing destructive things. This includes TV, movies and the like.

I am hoping that this site will help me get my act together - get a solid schedule, such that I'm both productive and NOT destructive, and that I can succeed pushing through the beginning where it will be a literal war with my desires. I know that after 30 - 60 days I will be doing fine. I just need to get through the beginning and my life will then be filled with blessing.

B'ezrat Hashem, at that point I will be deemed worthy in Gods eyes to find my bashert so I can continue to grow in his service.

I appreciate everyone's help in creating the new me.

=====

Re: Become Holy's Journey

Posted by Kollel Guy - 11 Jan 2010 16:19

---

Well I was waiting for my daily chizuk, I really needed a good incentive to go get'm. Thanks man...

Just kidding. I'm sort of past your stage. I'm bored of being depressed. It's just not fun anymore. The self pitying just gets old and you want something new.

So how did I break out of it? I made the realization, that logically - I should never feel like my life is in any way a **bad** thing, and that I would c"v be better of the other way. How do I know that? Because if H-shem thought that was the case - then he would do something about it. And being that he keeps me here, it's clear proof that I'm better off here than anywhere else. (Unless of

course I'm such a rasha that he wants me to stay alive to use up all my zechusim, so that I don't get any olam haba. But I highly doubt that's the case, because those situations are reserved for people like Hitler Titus and Truman, and although I don't think of myself of such a great guy, I'm certainly not EVIL to the core - which is what is required for such a judgement.)

Being that this is so, I just have to figure out why the heck I **feel** this way, if I just proved to myself that the feeling is 100% unwarranted.

What I realized was that the feeling was IN MY HEAD and was being caused by situations around me which had nothing to do with truth. Yes I had just fallen, yes I was behind on my learning, yes there were many things in my life which I was UNCOMFORTABLE about, but if I didn't recognize what a priviledge it was to wake up and simply say modeh ani, then I was not thinking in realistic terms, and my brain was not to be given any attention. Even if modeh would be the only thing I did all day, it would STILL be worth it!!!

So my advice to you is: Draw up the mindset which you believe is IDEAL for SOMEONE ELSE in your exact situation, as if your giving your friend realistic advice, and then look over the paper, and realize you have **your own** goals with instructions on how to get there in your hands.

Good luck man,

KG

=====  
=====

Re: Become Holy's Journey

Posted by BecomeHoly - 11 Jan 2010 16:33

---

But what about when you're so "dead" you have no interesting in thinking. When I wake up, all I want to do is keep sleeping. I am not conscious enough to do any debating w/ myself about how god loves me or whatever. If I do manage to get up... a few hours later I am so dead that I just want to get into bed and sleep until I can sleep no more (even if end up doing so, inevitably, I sleep terribly, because many many things end up disturbing my sleep).

When you're so far gone you're a zombie that is just looking for relief..... *then* what drives you to keep going? Because for me, at that point I don't care..... I need my sleep fix....

=====  
=====

Re: Become Holy's Journey

Posted by Kollel Guy - 11 Jan 2010 16:43

---

Why are you so concerned about philosophy at 3:30am? Who cares if you don't feel a real overwhelming drive to live - at a time when your too tired to even think?

=====

=====

Re: Become Holy's Journey

Posted by BecomeHoly - 11 Jan 2010 17:16

---

Where I'm at its 9:15am. I couldn't sleep all night, and the only reason I'm up now is because I didn't go to sleep, but went to shachris instead. I'm exhausted, but I have to work, or I will lose my job (I'm on eggshells already..).

But I've been meaning to start a discussion about this for a while... because it seems that most people I know also get no sleep.. but they keep on going somehow... so I'm wondering how... because it aint working for me at all.

On a side note, this article is quite interesting: [www.aish.com/sp/pg/80328172.html](http://www.aish.com/sp/pg/80328172.html)

=====

=====

Re: Become Holy's Journey

Posted by Kollel Guy - 11 Jan 2010 17:23

---

OK fine, so your ba'ayah has nothing to do with "feeling a point" but rather a plain and pashut sleep disorder....

Am I correct?

=====

=====

Re: Become Holy's Journey

Posted by BecomeHoly - 11 Jan 2010 18:33

---

I think its a combinations of things:

My sleeping schedule is a mess. Reasons for this are:

a) Even when I do sleep, its not always such good sleep. Either because I wake up from noises, or my stomach is hurting....

b) Because of my poor sleep, I end up sleeping during the day, which means I don't sleep well at night. I don't get good sleep during the day because I often get woken up by other people who are doing things around the house or whatever... and I also need to leave my phone on for work calls...

c) Because I'm tired, I often am too tired/ lazy to get things done, yet not tired enough to be able to fall asleep... so I end up wasting time or watching a movie.... once I start... I tend to "finish" the activity even though it means I end up going to sleep a lot later than I could have because, for example, I was tired enough to sleep halfway through the movie...

I'm pretty sure I don't have an actual sleep disorder... its just circumstances I can't seem to pull myself out of.

But realistically, when you're married, and your newborn is up every hour... people still manage to work and do everything else... I don't even have that and I'm literally sinking... how do they do it?

=====

Re: Become Holy's Journey

Posted by Kollel Guy - 11 Jan 2010 18:44

---

The rule is, and I don't know how this works - but it does, if YOU create the disadvantage - you can't deal with it. If it "happens" to you - you are able to get by.

=====

=====

Re: Become Holy's Journey

Posted by BecomeHoly - 11 Jan 2010 18:51

---

Well theoreticly I do create the disadvantage... all I need to do is get up same time every day for 2 weeks. No sleeping during the day. If I do that I think I'll be back on target. But I don't I screw up. I waste time. I don't get things done. I am irresponsible... what do I do now..?

=====

=====

Re: Become Holy's Journey

Posted by Kollel Guy - 11 Jan 2010 18:55

---

Well what would you tell me to do?

=====

=====

Re: Become Holy's Journey

Posted by BecomeHoly - 11 Jan 2010 19:01

---

Well I'm in a rut... thats the problem. I have set myself up to get out of the rut in one week. I have a new job, a new environment.... a schedule I must follow or I lose my lodging... but until then... I have TONS I need to do. I need to do work stuff. I need to do lots of errands! And my flight is in a week. I'm getting nowhere near enough done. Its quite a problem... so in truth, yes, I'm headed in the right direction... but I'm literally being torn up on the way... and besides that, the point is, I don't want to live my life in survival mode. I want to live my life in "life is good" mode. Even when it sucks. I want that smile to stay on my face through thick or through thin. I want the energy and drive to keep accomplishing even though I only slept an hour. There are many people I know who do just that. How?????

=====

=====

Re: Become Holy's Journey

Posted by Kollel Guy - 11 Jan 2010 19:51

---

OK so if I was in your situation, what would you advise me do do first?

=====

=====

Re: Become Holy's Journey

Posted by BecomeHoly - 12 Jan 2010 17:22

---

I DON"T know! Otherwise I wouldn't have posted the question!

=====

=====

Re: Become Holy's Journey

Posted by Steve - 12 Jan 2010 18:42

---

B"H, BH, this aint a new problem.

#1 - get enough sleep. 6,7,or 8 hrs - whatever works for you. The more refreshed, the better and faster you'll work. If you have trouble falling asleep due to anxiety, take a natural sleep aid with melatonin (ask your DR how much to mg to take) or the homeopathic (with melatonin also) called Sleep MD. But you need 7 to 8 hrs for sleep after that. Start w/ a relaxing shower, take the med, then listen in your bed to your fav music or read relaxing torah bites for the 20 min it takes to get into your system.

#2 - Vivarin or cheap imitations. It's a little yellow pill packing 200 mg of caffein, almost 2 cups of coffee. don't overdo it, it's for a pickmeup if you're groggy and slowing down. It's like an ER tab, so the jolt kicks in 20 min after you take one, and lasts 3.5 hrs after that. And limit other caffein things while taking it.

#3 - DAVEN for hatzlacha. Make sure to get to shachris on time, the better you feel about yourself, the more confidence you'll have for the day, the more you'll accomplish.

#4 - Dont bite off more than you can chew. Prioritize, and discard or delegate the rest.

#5 - if things get sterile during the day & your work rate slows down, get out & go for a 15 min walk - with headphones of music or shiur - youll have more & fresh energy to pick up where you left off.

#6 - limit your posts for the week - by time or minyan - careful not to trade one addiction for another...

BTW, this is ALL do as I say & not as I do... I'm also a big procrastinator, and then the anxiety of the overload slows me down more. And I'm very caught by #6...

=====

Re: Become Holy's Journey

Posted by BecomeHoly - 12 Jan 2010 19:35

---

Thanks Steve :-)

Ok... so yesterday, I slept from 3pm - 12pm. Then again from 4-6am this morning. Still tired. I didn't have any issues this time falling asleep either... My mom is also big on many of these things... and I've tried em... with no effect.

Oh and caffiene just makes me pee literally every five minutes... yes.. literally, and makes me all jittery = no less tired.... just all nervous jittery, and in the bathroom.

I'm trying to figure out the secret those other people have. The ones who just keep on truckin even though theres a whole army out to get them. HOW????

=====