

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.

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Re: Become Holy's Journey

Posted by BecomeHoly - 11 Dec 2009 09:31

no i don't think its the guy in the picture on this forum - the balance pole is missing. But in fact, what was upsetting to me was that I am not so sensitive that everything is a trigger, but in this case, it was a COMPLETELY clean movie, except for that one, completely unnecessary, NUDE scene. This wasn't stam a trigger - it was much more than that, and completely out of place.

Truth is though, I need to drop the movies in any case, whether I'm trigger sensitive or not. I gotta stop wasting time....

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Re: Become Holy's Journey

Posted by the.guard - 12 Dec 2009 17:06

Truth is though, I need to drop the movies in any case, whether I'm trigger sensitive or not. I gotta stop wasting time....

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Re: Become Holy's Journey

Posted by BecomeHoly - 13 Dec 2009 09:23

Ok I'm feeling it - the motzash "wanna do something" mood. The need to feel fulfilled. I went to a chanuka concert... but it wasnt so great and I'm feeling a little bleh. I'm probably just going to give to watching a quick show (something like mythbusters - discovery channel) but I'm posting here because I know that if I put it down officially that I will NOT go there... than I have a commitment. Besides my commitment to God. Now its your turn God. I've done my part. Protect me, do yours. I can't fight the yetzer alone. Fill the void, even temporarily just for 24 hours, so I can get to my next davening. I had a great shabbos. Motzash is tough, but tomorrow will be good. Productive. I know its a little bit of a let down - 3 friends got engaged this week. But me... nothing in sight. Ok thats not true... but its looking far off. Its only my perception, but God, you know whats best for me. Let me internalize that too.
If you want to fulfill your name "BeHOLY", it might be a good idea

Chanuka Sameach :-)

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Re: Become Holy's Journey

Posted by BecomeHoly - 13 Dec 2009 14:30

Ok that was a tough night. I basically ended up spending all night reading gye. Often I would be doing other not so good things instead. As they say, spend the time on healing instead of addiction. I really should get some sleep... but what I realized is that its not about me - life is a challenge, I need to "play the game" and move up in "levels." Every single thing in life is tailor made to challenge me to get to the next level. If I'm out to get, instead of give, I'm missing the point. I need to shift my thinking and realize that every single pleasure I get is a gift, an extra. Its not a right, or even an expectation. By realizing that God is in control, and focusing on what God wants from me EVERY moment, I will be able to connect to God and achieve true happiness. By being giving to others, and expecting NOTHING in return, I will have them be additional happiness for me, since anything I DO receive from them will be an extra, a plus, something special. Once I achieve this paradigm shift, I will be a different person - nothing will faze me.

Anyway, please daven for me that I can get a little rest, wake up for shachris, and FOCUS on my davening, because somethign as simple as focusing on davening is like a daily dose of chizzuk. DAVening is filled with all these concepts that help connect you to God and better understand your purpose.

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Re: Become Holy's Journey
Posted by the.guard - 13 Dec 2009 21:50

BeHoly, that post was an ACE (another chizuk e-mail). Beautiful!

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Re: Become Holy's Journey
Posted by BecomeHoly - 13 Dec 2009 22:16

Unfortunately missed shachris.... and the zchus of being at a BRIS! oy. but at least I'm rested. God help me make the rest of this day productive.

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Re: Become Holy's Journey

Posted by BecomeHoly - 14 Dec 2009 13:13

Ok... I managed to get a decent amount of sleep, although not much done but i'm avoiding arayot thank God. I watched the finale of a tv show, so I can now have an easier time removing an hour of wasted time from my week. This was a pretty engaging storyline, so it was one of the harder shows to drop. the rest can be dropped straightaway so I hope I can succeed in dropping all of it asap.

I think I'm gonna take an hour nap before shachrit (I slept from like 7 - 3) , get a good shachrit in and then have a productive day.

Spent 1/2 hour looking at the ???? ??????? last night - hopefully God will help that heal me.

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Re: Become Holy's Journey

Posted by imtrying25 - 14 Dec 2009 16:41

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Re: Become Holy's Journey

Posted by sci1977 - 14 Dec 2009 17:03

Keep it up!! Positive thinking will lead to only good things.

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Re: Become Holy's Journey

Posted by BecomeHoly - 14 Dec 2009 19:23

So I missed shachris again :-(I don't know why I am so tired, but its been pretty crippling. In

any case, I dreamed that I was doing the bad stuff... and it was very real to me, like I was at the point where I was like "oh well, I guess my 90 days have to start over"

But then I woke up. Does it count as a fall or a slip? I mean I didn't even resist, I didn't even try stopping. God's making it really hard for me right now. I can't win if I'm not even concious. I can't get anything done either. My room is a mess (and I'm a NEAT person) because I've had no energy to put stuff away, and I've gotten no work done in the past 2 days, and I feel like _____.

All I'm asking for right now is to not be tired. Everything else will be achievable if I have energy. How is it that Zombies are held responsible for their actions?

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Re: Become Holy's Journey

Posted by BecomeHoly - 14 Dec 2009 21:17

Ok I'm in that mode - extremely sensitive - I haven't looked at anything but I'm just feeling it in me... like if I blink wrong I'll just explode. Its itching, squirming, in general a feeling of I gotta go. In these moments I'm tempted to just "relieve" myself, because I think it might prevent me wasting an hour surfing.

I dunno what to do. the fact that my stomach is feeling queasy doesn't help. It just exacerbates the problem. My stomach issues mean that I often feel incompletely relieved after going to the bathroom. This leads to "coaxing" which can sometimes lead to hz"I.

The y"h uses every tool at its disposal. I'm gonna go try to find some of my own in the handbook. But from experience, once this happens its only a matter of time till I can no longer fight it. Maybe I'll try to fight it till mincha and then get a really good mincha in, and pray for God's help.

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Re: Become Holy's Journey

Posted by imtrying25 - 14 Dec 2009 21:41

HOLD ON BRO!!!!!!!!!!!!!! STRETCH YOUR HAND OUT AND WELL GRAB YOU AND HELP YOU WALK THIS TIGHTROPE. DONT TRY AND DO IT YOURSELF. WE LOVE YOU BRO. KEEP ON TRUCKING!!!!!!!!!!!!!!

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Re: Become Holy's Journey

Posted by BecomeHoly - 14 Dec 2009 21:46

Thanks ;-) I just read some of the handbook and I think it helped a bit. I know that giving in won't feel good. God has given me the gift of feeling physical stomach pain that is exacerbated every time I give in. I also know that this is not what I want to do. I want a real, emotional, close relationship with a spouse. This is a watered down experience, which waters down the real experience as well. Not to mention how much damage is done everytime I give in. I just need to keep the focus. God will do the rest.

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Re: Become Holy's Journey

Posted by imtrying25 - 14 Dec 2009 21:50

You couldnt of said it better, you basicaly said Let Go and Let G-d. which btw is like the motto of this forum. Well almost. But keep up that great attitude and youll soon be doing great. just read or keep busy or....just post away. **BECOME HOLY!!!!**

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